



# Mental Health Awareness Month

## Magic of Self-Care Tracker



You can use this tracker in either digital or printed form. Each day of the challenge, track a self-care activity in the corresponding box.

Check out our examples to help you get started, or pick any activity you prefer that supports your emotional wellbeing.

### Self-care activities

- **Take a 10-minute walk.** No goals, just move and breathe.
- **Have a screen-free meal.** Enjoy it fully.
- **Enjoy a warm cup of tea or coffee** and sit quietly while you drink it.
- **Give yourself permission to pause** and rest for a few minutes.
- **Revisit a hobby** or interest that feels like “you.”
- **Celebrate a small win.** Even if you think it “doesn’t count,” it does.
- **Spend 30 minutes reading** something purely for pleasure.
- **Spend 10 minutes visualizing** a place where you feel calm and safe.
- **Unfollow or mute** one account that drains you.
- **Do 15 minutes of light exercise** that feels good for your body.
- **Spend 5 minutes outside** noticing sounds, colors, or textures.
- **Make a balanced meal** that helps you feel nourished and supported.
- **Treat yourself to a slow morning.** One relaxed hour.
- **Choose a “phone-free” hour.** Protect your peace.
- **Try a mini meditation or guided relaxation.** 3–5 minutes is enough.
- **List three things** that genuinely bring you joy.
- **Watch a favorite movie or show** that brings you comfort and gives your mind a break.
- **Explore a new article** or topic you have been curious about.
- **Create a relaxing evening** by keeping your phone away until the next morning.
- **End your day by asking,** “What did I learn about myself today?”

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