

Mental Health Awareness Month



JOIN THE

# Magic of Self-Care Challenge

A month of magical moments for your mental health

Self-care can feel a little like magic. When you give your mind a chance to slow down and reset, even small moments can make a big difference in how you feel.

## How to participate

- > Scan the QR code with the camera on your smartphone to download the tracker
- > Choose one self-care activity each day—pick anything that helps you feel calm, connected, or recharged
- > Use the tracker to record your progress

