

# Self-Care Challenge

Self-care is the practice of taking an active role in protecting one's own well-being and happiness. Good self-care practices help to prevent burn-out and can reduce stress. This challenge is designed to encourage **Saskatchewan Guiders, Rangers and Unit Assistants** to take the time to intentionally practice self-care.

## What to do:

In order to earn the crest, all three parts must be completed.

- **Part 1: Self-Care Worksheet & Brainstorming**

Complete the Self-Care Worksheet, listing self-care practices that you already engage in and listing practices you'd like to try (see the attached list for inspiration, but feel free to do something that isn't on the list!

- **Part 2: Self-Care Practice**

Take an hour at least once a month to intentionally practice self-care. Track what you did and how it made you feel. Over the course of the challenge, try to choose at least one activity from each area (mind, body, emotions, spirit). Try to also choose at least one activity that is totally new to you.

- **Part 3: Reflection**

Complete the reflection/evaluation form online at

<https://forms.gle/zU96jFMg9zTdP2Q36> . Your crest will be mailed to you upon receipt of the form.



## Questions? Comments?

If you have questions or require additional information, it can be sent to Megan at [sk-memberservices@girlguides.ca](mailto:sk-memberservices@girlguides.ca).

# Part 1: Self-Care Worksheet

Date: \_\_\_\_\_

<p style="text-align: center;"><b><i>Mind</i></b></p> <p>Current Practice:</p>       <p>I'd like to try:</p>	<p style="text-align: center;"><b><i>Body</i></b></p> <p>Current Practice:</p>       <p>I'd like to try:</p>
<p style="text-align: center;"><b><i>Emotions</i></b></p> <p>Current Practice:</p>       <p>I'd like to try:</p>	<p style="text-align: center;"><b><i>Spirit</i></b></p> <p>Current Practice:</p>       <p>I'd like to try:</p>



# Ideas for Self-Care

*Note: this is not a definitive list - it is just to help you find some inspiration!*

## *Mind*

- Read a new book
- Read to a child, partner or friend
- Write a poem or story
- Meditate
- Make a vision board
- Create a mandala
- Make a mindfulness jar
- Start a journal
- Go to a concert or recital
- Find a new podcast/show that you enjoy
- Go through your closet and donate unused clothes/items
- Go exploring with your camera
- Call a friend that you haven't talked to in a while.
- Learn a new skill
- Complete a crossword puzzle/sudoku
- Colour
- Try a new board or video game

## *Body*

- Put on music and dance
- Go for a long walk
- Go for a bike ride alone or with friends/family
- Take a hike
- Go to the pool for a swim
- Participate in yoga
- Get a massage
- Try a new recipe
- Take a nap
- Have a bubble bath
- Bake something for fun
- Visit a farmer's market
- Treat yourself to dessert
- Soak up the sun
- Give yourself a pedicure or manicure (or go out and get one!)
- Order in your favourite dinner
- Go to bed early and sleep in

## *Emotions*

- Watch a good movie
- Draw a self-portrait
- Try a new craft/find a new hobby
- Buy yourself a present and enjoy it guilt-free
- Cuddle with a pet
- Spend time with your family
- Buy/pick yourself some flowers
- Daydream
- Write a gratitude list

## *Spirit*

- Make a gratitude list
- Spend quiet time outside enjoying nature
- Write a thank-you letter to someone who has made an impact in your life
- Practice positive self-talk
- Plant a tree
- Meditate
- Sing
- Watch a sunset
- Go screen free for an afternoon (or day)
- Go on a picnic
- Go cloud watching
- Watch the stars