

BECKER'S 30 Days of Self-Care

Use the next 30 days to create new habits and new responses to stress through simple techniques that you can repeat as often as you'd like. Make caring for yourself a daily habit. You deserve it.



Set a Goal

Set a personal goal for your self-care this month.

Breathe Deeply

Practice 3-5 rounds of box breaths.

Practice Gratitude

Write a list of five things you're grateful for today.

Take a Walk

Take a walk outside and notice details around you.

Jump Start Your Day

Establish a morning routine that energizes you.

The Power of "NO"

When possible, say, "NO" to what drains you and "YES" to what fuels you.

Savor the Good Things

Hit 'record' in your mind to savor the good moments.

Invite Loving-Kindness

Say to yourself, "May I be happy & healthy. May I live with ease."

Eat Food not Worries

Eat intentionally, mindfully savoring each bite.

Relax then Sleep

Create a relaxing bedtime routine.

Mindful Seeing

Notice the colors, textures, shapes and details of your surroundings.

Strive to be Less Busy

Audit how you spend your time, then make time for what matters.

Snack Size Exercise

Take the stairs, do three squats after every text sent, & stretch every hour.

Speak Mindfully

Every interaction is an opportunity to hurt or heal.

Check Your Thoughts

Wash negative thoughts by asking, "Do I know for sure this thought is true?"

Body-Mind Connection

The body feels what the mind thinks.

Accept what is, then Act

Accept what you can't control. Say, "YES" to what is.

Forgive Someone

Forgiving others releases you from holding on to resentment.

Wouldn't it be Lovely?

Replace "What if..." worry thoughts with "Wouldn't it be lovely if...?" possibilities.

Detach from Judgment

Notice your strong emotions without judging yourself for having them.

Peace Begins with Me

Before you get frustrated with others, say "Peace begins with me."

Soothe Your Inner Critic

Be kind to yourself when you notice your faults. Say, "Oh well, it's okay!"

Treat Yourself

Treat yourself to a small indulgence; notice how your body responds.

Self-Talk is THE Talk

The most important words you say are the ones you say to yourself.

How to De-Escalate

Notice when you're triggered. Try 3-5 'Vent Breaths' then respond.

Be Open to Uncertainty

Respond to fear by envisioning a positive outcome.

Tap Your Worries Away

Try EFT Tapping to let your brain know it's safe to relax.

Be Present

Thoughts of the future rob the gift of the present.

Move on from the Past

Forgive yourself for the past & take back your power.

Celebrate YOU!

Review your progress and celebrate your accomplishments.

For additional instructions and examples of how to put these strategies into practice, visit ShopBecker.com to find the **Becker's My Self-Care & Wellness Cards**.