

2020 Virtual Week of Caring



Sunday: Practice Self-Care

We don't want you to forget about yourself! It's important to remember that we can only help and care for others effectively, when we are also taking care of ourselves. Everyone is dealing with varying levels of stress right now, and it's so important that each and every person is making their mental health a top priority. That will look different for each person, but it starts with recognizing when you need to reset.

Today, your mission is simple: make the time to invest in yourself. Commit time to doing something that brings you relaxation and joy!

- Go for a walk, a bike ride or dance outside
- Listen to music you love or watch a favorite movie
- Read a book, meditate or start a gratitude journal
- Play a board game, take a nap, start a new hobby!