

CASC Self Care challenge

Self-care is the practice of caring for your physical, emotional, and psychological wellbeing, it shouldn't be surprising to that practicing self-care has an effect on your mental health. As we stay home to help flatten the curve, join us in 30 day self-care challenge to support our mental health

Tag @MyCASC and use #CASCSelfCareChallenge

Day 1 Set a goal for yourself	Day 2 Have a dance party	Day 3 Take 10 minutes to read	Day 4 Write down 5 things you are grateful for	Day 5 Call a friend
Day 6 Do a deep breathing exercise	Day 7 Color or draw a picture	Day 8 Cook a healthy meal	Day 9 Post a quote that makes you smile	Day 10 Exercise with a YouTube vide
Day 11 Text five friends & ask how they are doing	Day 12 Get distracted by a movie	Day 13 Sit outside with a morning coffee or tea	Day 14 Listen to your favorite song	Day 15 Send a letter or postcard
Day 16 Drink only water today	Day 17 Cross an item off your to-do list	Day 18 Watch & share a silly video	Day 19 Try a five minute meditation	Day 20 Facetime someone that makes you smile
Day 21 Post a picture that makes you feel good	Day 22 Go to bed earlier than usual	Day 23 Wear your favorite outfit	Day 24 Re-watch a favorite movie	Day 25 Post & tag five people that inspire you
Day 26 Create a gratitude list	Day 27 Get crafty - make something	Day 28 Call someone just to say hello	Day 29 Cook or bake something new	Day 30 Practice & post your favorite self-care strategy