

# June Monthly Challenge Options

## Option 1:

### June 8<sup>th</sup> is National Best Friend Day

Grab a buddy and complete the 30 Days of Walking Challenge

#### Optional Modification:

Split the walking distance in half



## Option 2:

### Disconnect from Technology

Choose 3 different practices for self-care each week

## 30 ways to practice self care

- Re-read a favourite book*
- Diffuse essential oils*
- Take a walk*
- Take an epsom salt bath*
- Light a scented candle & let it fill your home*
- Make a homemade body scrub & exfoliate*
- Colour or write in a journal*
- Listen to your favourite album growing up*
- Make a hot drink with all the fixins*
- Get into bed early*
- Bake something*
- Read inspiring quotes*
- Organize your makeup*
- Cozy up in a few blankets*
- Buy yourself flowers*
- Turn off your phone for a few hours*
- Say no*
- Do your nails or go get a manicure/pedicure*
- Sit in the sunshine*
- Pray/Meditate*
- Treat yourself to your favourite dessert*
- Play with your pet*
- Do yoga*
- Do a DIY project*
- Deep condition your hair*
- Plan a stay-cation*
- Start a gratitude journal*
- Watch the sunset*
- Exercise*
- Watch one of your favourite movies*