

24 DAYS OF SELF CARE



Family Caregivers
of British Columbia

Challenge

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| 1 Start your day with a healthy breakfast | 2 Spend 5 minutes stretching | 3 Create your caregiver support plan | 4 Deep clean one room in your home | 5 Meditate for five minutes | 6 Go to bed one hour earlier tonight | 7 Treat yourself to something nice |
| 8 Light a candle (<i>reflect & relax</i>) | 9 Take the FCBC resiliency quiz | 10 Enjoy a bath or long shower | 11 Move your body in a way you enjoy | 12 Enjoy a healthy plant-based lunch | 13 Write down all things you're grateful for | 14 Go for a walk |
| 15 Set an intention for your day | 16 Call the caregiver support line 1-877-520-3267 | 17 Read a book or a magazine | 18 Listen to the FCBC 'Caregivers Outloud' podcast | 19 Have some fun! | 20 Watch a FCBC webinar | 21 Call a loved one for good conversation |
| 22 Eat a healthy dinner | 23 Read the FCBC resiliency booklet | 24 Sit outside and just look, listen & smell | Self-care isn't just a spa treatment, although that does sound lovely. It is about knowing what will comfort you and taking small steps to try and meet those needs. It is acknowledging how you are feeling, identifying red flags that may be on the road to burnout, and choosing to integrate activities that can create comfort in your life. | | | |

If you have feedback or comments about the 24 DAYS OF SELF CARE CHALLENGE please email comm@familycaregiversbc.ca