



Want to up your downtime game? Find more ways to feel relaxed and energized throughout the day instead of drained and overwhelmed? Try this 30-day challenge to shift some habits! [Here's the story that inspired this.](#) Below you'll find the simple instructions, a worksheet and a whole bunch of ideas for inspiring you towards self-care!

How to take the challenge:

1. **For a day or two, notice how you spend your downtime.** Take some notes. See how much time you actually spend doing junk-food type things and how you feel afterwards – do you feel relaxed and replenished or drained and anxious? This is completely subjective; an activity you may find necessary or nourishing to you may be someone else's junk food.
2. **Make a new plan for yourself.** Be realistic. This isn't about setting yourself up for failure or self-recrimination if you don't follow it! Try some small changes over the next 30 days, and be sure to schedule in SOME time for those activities that give you pleasure even if they are a little bit of junk food. This is about creating balance.
3. **[Post your proposed changes up on my Facebook page](#) if you're up for sharing.**
4. **After 30 days of trying the new routine, [post again about your results.](#)** Do you feel any different? Was the challenge easy or tough?

Here's a worksheet that you can use if you'd like! *(see example at end)*

Work day

Time	Present downtime/self-care activity	Keep or change? (Nourishing or junk food?)	New nourishing downtime/self-care activity to do
Before work			
Morning			
Lunch time			
Afternoon			
Late afternoon			
Early evening			
Later evening			

Days off

Time	Present downtime/self-care activity	Keep or change? (Nourishing or junk food?)	New nourishing downtime/self-care activity to do
When I get up			
Morning			
Lunch time			
Afternoon			
Late afternoon			
Early evening			
Later evening			

Some ideas for self-care activities

Sensory things

Get a massage
Go for foot reflexology
Cuddle with a pet
Burn a scented candle or aromatherapy
Sand barefoot in soft grass or sand
Stare up at the sky
Lie down where the afternoon sun streams in a window
Sit outdoors by a fire-pit and listen to the night sounds
Pay attention to your breathing
Take a hot shower or a warm bath

General pleasure

Take yourself out to eat
Prepare your own food and be really present with it
Try a new recipe
Be a tourist in your own town or city
Garden
Watch a movie – especially a funny one
Make art or craft projects
Journal
Walk your dog
Listen to music
Get a manicure/pedicure
Bake or cook if you enjoy that
Relax with a tea or coffee (at a coffee shop)
Knit, crocheting or sew if you are so inclined

Mental clarity and boosts

Do a task you've been avoiding
Clean out a junk drawer or a closet
Try a new activity
Drive to a new place
Make a list
Immerse yourself in a crossword puzzle or Sudoku
Read on a topic you wouldn't normally
Take a different route when you are walking or driving
Listen to an audio book
Read a just for fun novel
Go to a library, relax and read
Play an instrument if you know how or learn to play

Meaning, fulfillment, connection

Carve out an unstructured period of time each day or week to do whatever feels right
Read poetry or inspiring quotes
Light a candle
Meditate
Listen to a guided meditation
Write in a journal
Spend time in nature
Keep a gratitude journal
Get up early and reading inspirational books (or before bed)
Practice mindfulness

Emotional

- Tap!
- Write your feelings down
- Cry when you need to
- Laugh when you can
- Sing or chant
- Watch a mind movie or use affirmations

Social

- Go on a lunch date with a friend
- Calling a friend on the phone
- Participate in a book club or some other social group
- [Come to our monthly Tapping Circle Meetup Group!](#)
- Chat with co-workers on your break or at lunch

Physical

- Exercise in some form – build it into your daily routine
- Try yoga
- Go for a walk or a run
- Dance
- Stretch
- Go for a bike ride
- Make sure you get enough sleep
- Take a nap
- Dress up in something nice for no reason

Your own self-care activities:

One idea is to write down some of these activities on pieces of paper, dividing them up into ones that take 5 minutes, 15 minutes or 30 minutes. Place them in separate jars or use a color code system. When you know you have a little spot of time, pick one of the activities and do it. Surprise yourself!

I look forward to hearing about your challenge!

Cheers,
Stephanie

Worksheet example

Work day

Time	Present downtime/self-care activity	Keep or change? (Nourishing or junk food?)	New nourishing downtime/self-care activity to do
Before work	Check e-mails and Facebook, get ready	Skip this, just get ready	Take 5 minutes and just close my eyes, breath and relax to start the day, then get ready
Morning	Occasional checking FB and e-mails, chat with co-workers	Need more structure here	Set timer for e-mails and FB, checking in with co-workers, get up every hour from desk and do a quick 1 minute stretch!
Lunch time	Exercise and lunch – check e-mails and social media	This is fine	Keep same
Afternoon	During 15 min break, internet or socializing	OK	Still do this, but maybe do eye-palming exercise to give eyes a break
Late afternoon	After work, nap and sometimes on social media or internet	Nap is ok, quit the other	Nap and either read or do a little meditation or tapping
Early evening	Nothing in particular that's self-care	Not sure	Sometimes this is unstructured time, sometimes work
Later evening	TV, internet, chatting with family or friends	Keep but add more positives	Limit screen time to 1 hour – spend rest either connecting with people, taking care of to do list or listening to inspiring stuff or getting creative