

LIFE-AFFIRMING ACTIVITIES CHALLENGE

Complete at least one activity a day for 4 out of 7 days of the week for the next 8 weeks, or however long feels right for you.

The following are suggested activities but feel free to create and add your own ideas that fit your goals, abilities, and time constraints. It might help to have an accountability partner that you can check in with once or twice a week.

CATEGORY	ACTIVITY
Social Connection	<ul style="list-style-type: none"> • Call a friend or family member. • Video chat with a group of friends, coworkers, or family members. • Join a group on social media that fulfills an interest. • Participate in a virtual class or event you're passionate about.
Healthy Habits	<ul style="list-style-type: none"> • Go for a walk or hike. • Engage in a physical activity you enjoy for 30 minutes. • Skip processed foods or sugary treats for a day. • Participate in a virtual fitness class. • Watch and follow along with one of The Yunique Foundation's videos about yoga or muay thai. • Prepare and enjoy a healthy meal. • Go outside and do yardwork. • Try progressive muscle relaxation. • Create daily and monthly goal sheets. • Turn off your screens a half an hour before you go to bed. • Go to bed and wake up half an hour earlier than you normally do.
Mental & Emotional Wellness	<ul style="list-style-type: none"> • Meditate for 5 minutes. • Listen to your favorite music for 10 minutes. • Read a good book for 20 minutes. • Listen to a podcast that fulfills an interest. • Journal for 30 minutes. • Participate in a virtual mindfulness discussion. • Watch one of The Yunique Foundation's videos about mindfulness. • Read one of The Yunique Foundation's blog posts about self-care. • Write a self-compassionate letter to yourself. • Practice deep breathing. • Do a body scan. • Do a butterfly hug.