

Mental Brew | Mind & Me, Co.

7 Days to a Better Me

A Free Self-Care Challenge

Self-care isn't about doing everything perfectly. It's about making intentional space for your physical, emotional, mental, social, and personal well-being.

Day	Your Challenge	My Notes / Reflection
1	Check in with your emotions. Name what you're feeling without judging yourself.	
2	Take a 20-minute break. Step away from work, screens, or responsibilities and breathe.	
3	Do something that brings you joy. Choose something simple that makes you smile or feel refreshed.	
4	Set one healthy boundary. Practice saying no, asking for space, or protecting your time.	
5	Connect with someone. Call, text, visit, or encourage someone you care about.	
6	Move your body. Stretch, walk, dance, exercise, or choose another movement you enjoy.	
7	Reflect on what you learned. Notice what helped your mood, energy, or sense of connection.	

My Self-Care Reflection

What did I notice about myself during these seven days?

Which activity would I like to continue?

One commitment I am making to my well-being:

Keep going: Want more guided wellness activities? Explore Mental Brew's upcoming workshops, classes, and enrichment programs.

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This challenge is for educational and wellness purposes and is not a substitute for professional mental health care.