

Name: _____

Campus: _____



GIVE YOURSELF A HIGH FIVE IN THE MIRROR

TAKE 5 DEEP BREATHS

LISTEN TO YOUR FAVORITE SONG

REPLACE "I CAN'T" WITH "I CAN'T YET"

The RAMPED Grant Team says...

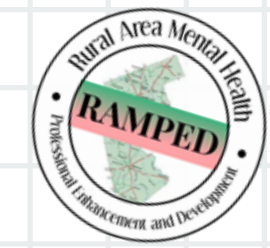
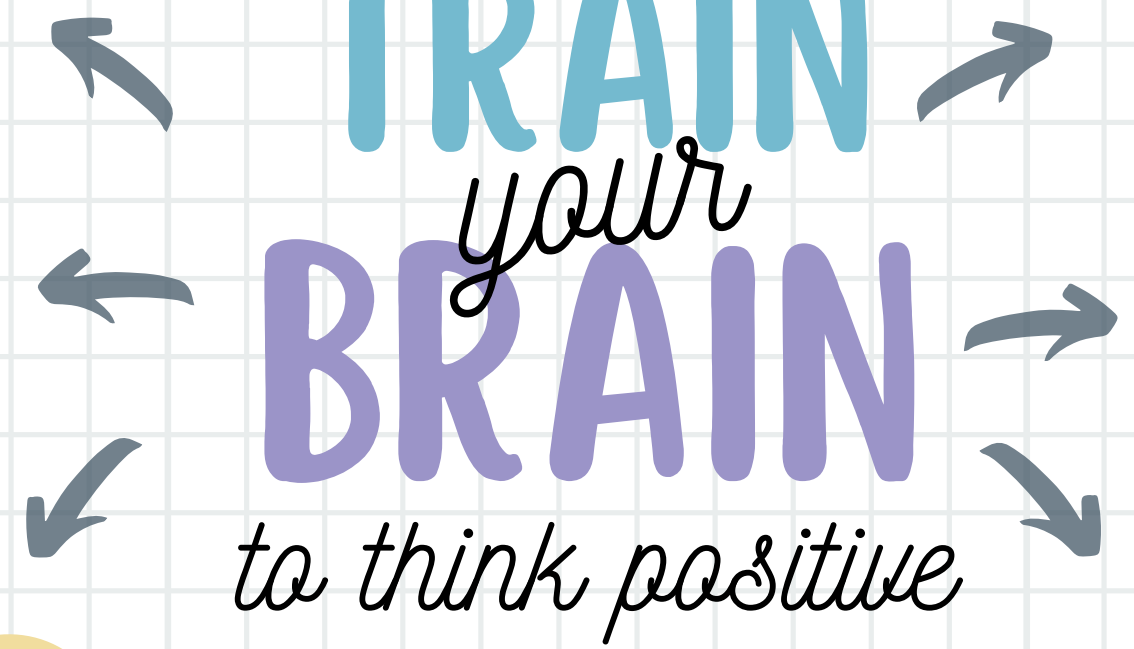


SPEND SOME TIME WITH SOMEONE WHO MAKES YOU FEEL GOOD ABOUT YOURSELF

TRAIN

your BRAIN

HAVE A PIECE OF CHOCOLATE



GIVE SOMEONE A COMPLIMENT

IDENTIFY 5 THINGS THAT WENT WELL THIS MONTH



GIVE YOURSELF 5 MINUTES TO DO NOTHING

TELL YOURSELF A JOKE AND DO A BIG BELLY LAUGH

Place a check-mark or your initials by each task. Complete all 10 self-care activities to receive a prize! Turn in your completed form to the front office by April 30, 2024. This is the final self-care challenge for the year.