



The North Carolina Responder Assistance Initiative challenges you to a
30 Days of Summer Self-Care Challenge

Create a self-care daily plan and commit to a healthier lifestyle.	Laugh...LOUD & HARD!	Take your family to the beach!	Budget finances for the month.	Express your feelings to someone.
Dance to your favorite song with wild abandon.	Meditate or pray...maybe both!	Get coffee with a friend.	Try a new fruit and vegetable you don't normally eat.	Take a 20-minute nap.
Pick (or buy) a bouquet of flowers and put them on your desk at work.	Listen to a self-help podcast.	Call NC RAI to inquire about their services.	Write down something you are grateful for today.	Challenge your negative thoughts.
Set up your lawn chair and do some star gazing.	Reach out to a family member or friend you haven't heard from for a long time.	Organize your workspace. 	Take a 24-hour break from all social media.	Get 7-9 hours of sleep.
Make a charity donation bag for items you don't use.	Do a 30-minute workout.	Write some words of encouragement on a sticky note and put it on your computer.	Get a hug, give a hug.	Bake (or buy) some cookies and bring some to work to share.
Love yourself.	Sit in the sunshine and soak up some Vitamin D.	Put your cell phone down during meals.	Practice deep breathing for two minutes.	Review my self-care plan and re-commit to a healthier lifestyle.



RESPONDER ASSISTANCE INITIATIVE