

10 day “Self-Care” Experiment

**TAKE 10
FOR YOURSELF**



Humana.

There are 1,440 minutes in a day. It is perfectly manageable to take 10 minutes for yourself and engage in an activity that promotes self-care.

The 10 day “Self-Care” Experiment is here! Each day over the next 10, pick one activity to engage in. We encourage you to try one from each category on the wheel, but you certainly don’t have to! The real goal is to COMMIT to 10 min per day for yourself!

We have a menu of resources you can refer to or you can create your own! We have resources for breathing, meditation, strength, and even ergonomics!

Other activities could be reading, walking, calling a friend, listening to music. Find 10 minutes to do what makes you feel good!

Write your 10 min self-care activity in the box below! Some tips: Write your goal down and schedule it in your calendar. Make that commitment to yourself each day and learn how achievable 10 minutes is, and just how important!

<u>DAY 1</u>	<u>DAY 2</u>	<u>DAY 3</u>	<u>DAY 4</u>	<u>DAY 5</u>	<u>DAY 6</u>	<u>DAY 7</u>	<u>DAY 8</u>	<u>DAY 9</u>	<u>DAY 10</u>

Additional Resources on back of page including Humana suggested videos along with MYC Health Plan Resources



For more information and additional resources, contact Allison Minardi, Worksite Wellness Manager ext 3667

Self-Care Experiment Resource Library



[3 Min Mindfulness Meditation](#)

[3-Min Meditation](#)

[5-Min Guided Body Scan and Release](#)

[15-min Chakra w Alison B. MYC instructor](#)



[5-Min Chair Yoga](#)

[3-Min Chest Stretches](#)

[3-Min Stretch for Hips](#)

[3-Min Hamstring and Calf Release](#)



[5 Min Deep Breathing](#)

[4-7-8 Breathing technique to reduce anxiety](#)



[Fundamentals of Balance and Balance Exercises](#)

[Balance for Beginners](#)



[9 tips from the Mayo Clinic](#)

[Remote Work and Lap Top Ergonomics](#)

[1-Min Desk Stretches](#)



[5- Min Cardio](#)

[Low Impact Interval Walk with Julie](#)

[8-Min Tabata \(HIIT\)](#)



[10-Min Seated Upper Body Workout](#)

[5 min Office Chair Lower Body Routine](#)

[Strength Class with Julie](#)

Additional Ideas:

- **Take a 10-minute walk**
- **Connect with a friend(s)**
- **Listen to uplifting music**
- **Take a group fitness class**
- **Read for 10 minutes**
- **Anything that relaxes you in a healthy way**

