

BreakUp & BreakOut

30 Day Post Breakup Self-Care Plan

DAY	SELF-CARE	DAY	SELF-CARE
1	Go on a date with yourself: Check out which movies are playing near you and go.	16	Meditate: Download a mediation app and do a 10 minute meditation. Calm and Headspace are some great apps to try.
2	Get eight hours of sleep: Set up a bedtime schedule on your phone that will allow you to get eight hours of sleep and try your best to stick to it.	17	Create something: Let your creativity take over. Draw, write, dance, or sign up for some art classes to find your creative outlet. Pottery is always a fun one.
3	Unplug: Start by spending one hour each day without your phone. If you're feeling adventurous, try deleting your social media apps as well.	18	Read a book: Find a new book you haven't read before and get lost in the story.
4	Schedule a day off: Take a day off from work and your other commitments.	19	Tidy up the areas around you: Clean up your room, house, office space. De-cluttering the areas around you will help you feel more grounded.
5	Journal about what you've learned: What did you learn from your previous relationship? Turn your negative experiences into lessons.	20	Write it out: Pick up a journal and write down how you're feeling or how your day went. This will help you keep track of your healing process.
6	Start a To-Do list: Make a list of some of the things you need to get done at work or around the house. Try and check off one item a day.	21	Try a new dish at your favorite restaurant: Try switching things up so you can get out of your comfort zone.
7	Book a massage: This is a great way to help relieve any built up tension in your body. Book one at your local spa.	22	Volunteer: Focus your attention on others by helping someone else.
8	Take a lunch time walk: Going for a walk can be a great way to clear your mind and get some fresh air.	23	Say no to a social event: It's okay to be selfish right now. If you don't feel up for certain things, politely decline.
9	Pay someone a compliment: Give the next person you interact with a compliment and see how their spirits lift, which will ultimately help yours lift as well.	24	Go on a hike: Immerse yourself in nature and see how it can help you heal.
10	Take a different route to work: You might need a break from your regular routine so pick a new route to work today.	25	Start a gratitude journal: Start each day by writing out 3 things you are thankful for. This will help you start each day with a positive mindset.
11	Get rid of your ex-partner's belongings: They only serve as a reminder, either return or donate them.	26	Talk it out: Talk about how you're feeling either in therapy or with a loved one. Don't run from your feelings by pretending everything is okay.
12	Drink water: It's simple, but very helpful. The more water you drink, the better your body will feel and the better you will feel. Try to drink at least 2 liters a day.	27	Try Self-Affirmations: Start your day by verbalizing an affirmation to yourself. This has been proven to increase your self-worth and positive thinking.
13	Put away the cookie jar: Put out a fruit bowl instead to start making healthier food choices.	28	Make time for friends and family: During this time, it's really important to lean on those around you. Start reaching out to your friends and family.
14	Take a yoga class: Yoga has been proven to relieve tension and can be a great form of exercise as well.	29	Plan a weekend getaway: Take some time off and plan a visit to some place local or far away. Think of this weekend as a break from everything.
15	Cook yourself your favorite meal: Think of a dish you really enjoy and make it for yourself tonight.	30	Write yourself a letter: write out anything you'd like to say to yourself. Practice positive self-talk and acknowledge your progress throughout the letter.