

7-Day Holistic Self-Care Challenge

A simple, restorative reset for your mind, body, and nervous system. Created by
Samantha, RN, MSN, AHN-BC, HWNC-BC

Self-care is not bubble baths and candles.

It's the daily act of returning to yourself — gently, truthfully, and without guilt.

This 7-day challenge reconnects you to:

Your breath

Your body

Your emotional cues

Your boundaries

Your energy

Your inner voice

Each day takes 5 minutes or less.



DAY 1 — Ground Your Body

Practice:

Place both feet on the floor.

Take 3 slow breaths.

On each exhale, imagine your weight dropping into the earth.

Why:

Grounding stabilizes your nervous system and interrupts autopilot.

Reflection Prompt:

Where do I feel tension — and what is it trying to tell me?

DAY 3 — 2-Minute Breath Reset

Practice:

Inhale for 4

Hold for 2

Exhale for 6

Repeat for 2 minutes.

Why:

Long exhales cue your vagus nerve to downshift from stress to safety.

Reflection Prompt:

What changes when my breath slows down?

DAY 5 — Nervous System Nourishment

Practice:

Choose ONE of these micro-regulation options:

Stretch your back and chest

Step outside for fresh air

Place one hand on your heart and breathe

Do 10 slow neck rolls

Lie on the floor for 1 minute

Why:

Your body stores stress.

Micro-movement resets your physiology.

Reflection Prompt:

What movement does my body crave more often?

DAY 7 — The Inherent Pause

Practice:

Take one slow breath and whisper internally:

“Pause.”

Ask yourself:

“What is the truth right now?”

Why:

The pause is where clarity lives.

Where you respond instead of react.

Where you return to yourself.

Reflection Prompt:

What truth became clearer this week?

DAY 2 — Hydrate With Intention

Practice:

Drink one full glass of water slowly.

As you sip, repeat internally:

“I’m replenishing myself.”

Why:

Hydration shifts mental fog, energy, digestion, and emotional capacity.

Reflection Prompt:

What part of me feels drained — and what would replenish it today?

DAY 4 — Emotional Check-In

Practice:

Silently ask:

“What am I feeling right now — and what does that feeling need?”

Name your emotion without judgment.

Why:

Emotional labeling instantly reduces intensity and prevents spiraling.

Reflection Prompt:

What emotion showed up most today?

DAY 6 — Energy Boundaries

Practice:

Close your eyes and say internally:

“This is my energy. I don’t have to carry what isn’t mine.”

Repeat 3 times.

Why:

Most people absorb emotional weight that isn’t theirs. Intention resets internal boundaries.

Reflection Prompt:

What drained me today? What supported me?



CLOSING NOTE

Self-care is not an escape from your life — it's how you reconnect to your life.

You don't need dramatic rituals.
You need tiny, consistent moments of return.

Keep using these practices daily or weekly.

And if you ever want support in resetting, regulating, or reconnecting with yourself, I'm here when you're ready.

— Samantha, RN, MSN, AHN-BC, HWNC-BC
Inherently Healthy Wellness Coaching