

2026 EUTF Self-Care Challenge FAQs

1. What is the self-care Challenge? The self-care Challenge is a 4-week self-care initiative where participants dedicate 30 minutes each weekday to activities that nurture their mind, body, and soul. The challenge includes self-care activity themes: Create, Active, Relax, and Enrich.

2. How long is the challenge? The challenge lasts for 4 weeks, with participants engaging in self-care activities for 30 minutes each weekday. Participants have the option to extend self-care activities to the weekend. **The last day to register for the Challenge is May 8, 2026.**

3. What are the self-care activities?

- **Create** - Engage in creative activities like drawing, painting, writing, knitting, pottery, and other similar creative activities.
- **Active** - Participate in physical activities such as walking, running, yoga, swimming, dancing, or any form of exercise.
- **Relax** - Spend time on mindfulness practices, meditation, breathing exercises, or any activity that promotes relaxation.
- **Enrich** - Focus on personal growth activities like reading, journaling, hobbies, volunteering, playing a musical instrument, or learning a new skill.

4. What if I miss a day of activities? If you miss a day, you can make up the time on another day within the challenge dates. The goal is to complete 600 self-care activity minutes by the end of the Challenge.

4. Can I complete any of the activities in any amounts? You can complete any of the activities on any given day or week.

5. How do I track my progress? You can track your progress using the [2026 EUTF Self-Care Challenge](#) website. Log your daily activities, monitor your minutes, and share your achievements with the community.

6. Are there any rewards for participating? Yes! Participants who complete 600 self-care activity minutes by the end of the challenge will be entered into a grand prize drawing. Refer to the Official Rules found on the Challenge website.

7. Can I participate as part of a team? Absolutely! You can create teams of at least 2 members to support and motivate each other throughout the challenge. Team members can track their progress together and share their achievements. There are no team prizes, only individual prizes.

8. Why is self-care important? Self-care is essential for maintaining mental, emotional, and physical well-being. It helps reduce stress, improve mood, and enhance overall quality of life. This challenge is designed to help you build healthy habits that can have a lasting positive impact.

9. How does the challenge tie into Mental Health Awareness Month? May is Mental Health Awareness Month, making this challenge a perfect opportunity to prioritize your mental health and well-being. By participating, you are taking proactive steps to care for yourself and raise awareness about the importance of mental health.

10. How do I sign up for the challenge? You can sign up on our [2026 EUTF Self-Care Challenge website](#) or use our How To Guide found on the Challenge website. Follow the registration instructions and start your journey to better self-care!