



Mental Health Challenge

Addressing mental health is more than simply writing in a gratitude journal or getting enough sleep...navigating our ups and downs can be supported by mindfully practicing lots of self-care habits. Check this challenge out to add more daily habits to support your own mental health through body and brain chemistry!

Day 1: Pick one to do each day: 1. Meditate 2. Yoga 3. Go outside 4. Journal	Day 2: Make a to-do list (add the little things) Celebrate whatever you get done in a day...you are enough!	Day 3: Stick 3 sticky notes to your mirror with positive affirmations.	Day 4: Make time to intentionally take care of yourself (whatever that looks like for you!) Schedule it and Stick to it!	Day 5: Put some extra attention, time and love into your relationships. Enjoy those connections!	Day 6: Choose an affirmation that resonates with you and enjoy it repeatedly throughout the day.
Day 7: Plan an afternoon/night that is all about selfcare.	Day 8: Focus on your morning and evening self-care routines.	Day 9: Clean up your online spaces- unfollow, block or unsubscribe from the things that no longer serve you or don't support you now.	Day 10: Have a rest day. Rest physically, mentally and emotionally.	Day 11: Make a list of all the things you are grateful for.....including things about YOU!	Day 12: Go for a nature walk. Remember to use your 5 senses!
Day 13: Try a workout you have never done before.	Day 14: Go to bed 30 min earlier than normal.	Day 15: Read or work outdoors for 20 min.	Day 16: Focus on the good in life Have a no complaint day!	Day 17: Have a technology FREE night. Spend time with your family or loved ones.	Day 18: Write down 3 amazing things that happened today!
Day 19: Compliment a stranger.	Day 20: Listen to music and dance!	Day 21: Take 20 minutes to doodle or color something.	Day 22: Connect with someone you trust and share how you're really doing.	Day 23: List 5 things you love about yourself.	Day 24: Try a 5 minute meditation.
Day 25: Create space for activities that bring you joy.	Day 26: Do one random act of kindness.	Day 27: Ask for help (with a project, a task, something you're struggling with...who can lighten the load or share their expertise?)	Day 28: Forgive yourself for a mistake you've made.	Day 29: Get out in nature.	Day 30: Write down what you most enjoyed or what was helpful to you.