

# Mental Health Challenge

Day 1: Identify one thing you could change that would improve your mental health.



Day 2: Go to bed an hour earlier than normal.



Day 3: Congratulate yourself throughout the day. This can be anything – finishing a work project, doing your dishes, getting your workout in, etc.



Day 4: Make a list of “Your Circle” – people you can call or count on and write down why they are special to you.



Day 5: Write down one of your dreams and steps on how to achieve it.

**MISSION:  
ACCOMPLISHED**

Day 6: Create a playlist that relaxes you and makes you feel happy.



Day 7: Try a new recipe.



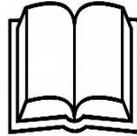
Day 8: Perform 15-20 min of uninterrupted [stretching](#) or Yoga.



Day 9: Write down a struggle that you've been through and how you were over to overcome it. Focus on the positive.



Day 10: Read a book or magazine before bed.



Day 11: No added sugars. Your only sugar intake should come from whole foods such as fruits – even so, try to limit.



Day 12: When you wake up, write down your 3 biggest intentions or goals for the day – cross them off as you accomplish them.



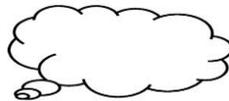
Day 13: Call someone to have a conversation rather than text them.



Day 14: Practice positive self-talk. Example – Instead of saying "Nothing good will come out of this" say "I will make this work." Instead of saying "I can't do this" say "I will find a solution."



Day 15: Take 20 min to sit down and deeply think about the past 2 weeks and how you're doing.



Day 16: Declutter – your office, room, email, etc.



Day 17: Do something fun with a friend – go on a walk, play a board game, hangout and catch up.



Day 18: Keep your phone on silent for the day. Enjoy the peace and quiet.



Day 19: Focus on REST today – sleep in, take a nap, kick your feet up or go to bed early. Your body needs rest to work at full capacity.



Day 20: Look towards the future – write down 3-5 things you're excited for in the coming month and year.



Day 21: Treat yourself – whatever this may mean to you. Go out for food, go to a movie, get a pedicure, take a bubble bath, etc.



Day 22: Take a different route on your way to work (or walk with your dog) and notice specifics about your new surroundings. Be in the moment.



Day 23: Expand your knowledge. Read an article about any subject that interests you that's outside of your area of expertise.



Day 24: Sleep with your phone outside of the bedroom.



Day 25: Take the entire day off from social media.



Day 26: Do something nice for someone. This can be as simple as holding a door open for a stranger, to complimenting a friend, to paying for a stranger's coffee.



Day 27: Go to bed an hour earlier than normal.



Day 28: Perform 15-20 min of uninterrupted [stretching](#) or Yoga.



Day 29: Practice mindfulness. Put your phone down and notice your surroundings – the colors, the smells, etc.



Day 30: Write down a list of your bad habits. Choose the easiest one for you to fix and focus on that first, one step at a time.



Bonus Day ([Healthy Living Challenge](#) Participants): Reflect on your workout journal and lists of “Grateful” and “Reasons Why” – notice repeating themes and your overall feeling from now compared to where you started.

