

Mental Health Challenge

MAY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<p>1</p> <p>Write down or draw 5 kind things that you hope to do for yourself this month</p>	<p>2</p> <p>Set a timer for 1 hour and take a "screen-free" break</p>
<p>3</p> <p>Spend some time outside</p>	<p>4</p> <p>Put on your favorite music and have a mini-dance party with yourself</p>	<p>5</p> <p>Write down or draw 5 qualities you like about yourself</p>	<p>6</p> <p>Set an intention to drink 8 glasses of water today</p>	<p>7</p> <p>Video-chat with a friend</p>	<p>8</p> <p>Reach out to someone you haven't spoken to in a while just to say 'hi'</p>	<p>9</p> <p>Visit the website of a mental health organization to learn more about them</p>
<p>10</p> <p>Organize something in your home – a drawer, a room, a closet, etc.</p>	<p>11</p> <p>Write a letter to yourself & share how you feel in this moment. Put it away to open in a year</p>	<p>12</p> <p>Go outside & appreciate nature. What do you see around you?</p>	<p>13</p> <p>Listen to a positive or uplifting song</p>	<p>14</p> <p>Look at an old photo album and reflect on ways in which you've grown in life</p>	<p>15</p> <p>Do a guided meditation</p>	<p>16</p> <p>Take a relaxing shower or bath, or do some aromatherapy</p>
<p>17</p> <p>Take 10 deep breaths</p>	<p>18</p> <p>Watch a funny video or movie</p>	<p>19</p> <p>Print out a coloring page or open a coloring book and color</p>	<p>20</p> <p>Make yourself a nourishing meal or snack</p>	<p>21</p> <p>Set a timer for 30 minutes and do something active</p>	<p>22</p> <p>Send an email, text, or video to someone and share with them something that you appreciate about them</p>	<p>23</p> <p>Perform a random act of kindness</p>
<p>24</p> <p>Write a card or letter to someone in your life</p> <hr/> <p>Take a picture of something that you are grateful for and share it</p> <p>31</p>	<p>25</p> <p>Clean out your closet and identify a charity to donate unwanted clothes to</p>	<p>26</p> <p>Connect with your body! Do a virtual yoga class or stretching exercises</p>	<p>27</p> <p>Try some aromatherapy – light a candle, smell fresh flowers, plug in an oil diffuser</p>	<p>28</p> <p>Make a list of 5 things that you are thankful for & look back on it when you're feeling down</p>	<p>29</p> <p>Take a mindful tour of your home or neighborhood. Find 3 things you are grateful for</p>	<p>30</p> <p>Get dressed! Even if you're still practicing physical distancing, spend time getting ready like you would otherwise</p>