

31-DAY Mental Health CHALLENGE



DAY 1

Play music while you do chores

DAY 2

Eat a meal with no distractions

DAY 3

Turn off social media notifications

DAY 4

Clear your schedule for "me time"

DAY 5

Stretch while you watch TV

DAY 6

Invent a new healthy easy snack

DAY 7

Give a loved one a genuine compliment

DAY 8

Put down the phone while you're with friends

DAY 9

Take a regular activity outside

DAY 10

Create something by hand

DAY 11

Don't give unsolicited advice, just listen

DAY 12

Cut a "want" from your budget

DAY 13

Drink only water all day

DAY 14

Give hugs and get hugs

DAY 15

Don't multi-task

DAY 16

Do a fun childhood activity of yours

DAY 17

Skip TV time today

DAY 18

Try deep belly breathing

DAY 19

Dance in your living room

DAY 20

Go social media free today

DAY 21

Take a call while you walk outside

DAY 22

Say "no" to something

DAY 23

Donate things you don't use

DAY 24

Explore an old favorite hobby

DAY 25

Kindly delegate a task

DAY 26

Allow yourself to be a couch potato

DAY 27

Have a date night with your partner, or yourself!

DAY 28

Put your phone on "do not disturb" mode

DAY 29

Speak or sing your inner thoughts

DAY 30

Meet old friends for an alcohol-free activity

DAY 31

Write a gratitude list