

30 - DAY Mental Health Challenge



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Do a deep-breathing exercise.	Catch up with a friend.	Schedule something fun.	Donate something you never use.	Do 30 minutes of yoga.
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Plan a healthy meal.	Ask for help.	Listen to your favorite music.	Take 10 minutes to read.	Go for a walk.
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Budget 20 minutes of at-home spa time.	Practice a favorite hobby.	Get distracted by a movie.	Go to bed 30 minutes earlier.	Drink just water today.
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Schedule a game night.	Set a mini goal.	Cross an item off your to-do list.	Compliment someone.	Plan a Zoom catch-up with friends.
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Try a 5-minute meditation.	Face Time with family.	Do something outside.	Order in and watch a movie with your significant other.	Unfollow negative social media accounts.
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Say no to something.	Have a phone-free night.	Watch a silly video.	Write down something good that happened.	Adopt a new habit.