

31-Day Challenge for Positive Mental Wellbeing

Instructions: Strive to achieve each day's mental health supportive activity focused on your own self-care. Please place a checkmark next to each item you complete during the month!

DAY 1 Write three things for which you're grateful.	DAY 2 Practice deep breathing.	DAY 3 Exercise for 30 minutes. A walk outside counts!	DAY 4 Try a new hobby.	DAY 5 Sign up for a volunteer opportunity.	DAY 6 Avoid screens for the first hour of your day.	DAY 7 Perform a random act of kindness.
DAY 8 Connect with an old friend.	DAY 9 Go on a hike or spend time sitting in nature.	DAY 10 Try a new recipe.	DAY 11 Buy yourself flowers.	DAY 12 Create a playlist of your favorite tunes.	DAY 13 Share a smile.	DAY 14 Drink 64 ounces of water.
DAY 15 Start a new book.	DAY 16 Write your future self a letter.	DAY 17 Do something creative, such as painting.	DAY 18 Plan something in the future to look forward to.	DAY 19 Create a vision board.	DAY 20 Practice mindful eating.	DAY 21 Power down electronics an hour early.
DAY 22 Take a bath.	DAY 23 Set three goals for yourself.	DAY 24 Take a social media break for the day.	DAY 25 Declutter your workspace.	DAY 26 Bake a treat for yourself or a neighbor.	DAY 27 Watch your favorite movie.	DAY 28 Make a cup of tea.
DAY 29 Choose a self-mantra for the month ahead.	DAY 30 Cuddle with a pet (or a neighbor's).	DAY 31 You made it! Take time to plan your self-care for next month.	Believe in yourself, you can do it!			

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