

30 DAY MENTAL HEALTH CHALLENGE



1 Wake up early 5-minute meditation	2 30 minute Yoga or walk	3 Listen to your favorite happy songs	4 Phone Free night	5 PANCAKE DAY	6 Treat yourself to Starbucks	7 Catch up with a friend
8 Pay it forward	9 Listen to a podcast	10 Movie Night	11 Compliment someone	12 Self-care routine	13 healthy breakfast	14 practice mindfulness
15 set one goal	16 Unfollow negative social media accounts	17 write down one positive thing from your day	18 donate one thing you don't use	19 go to bed early	20 Watch the sunrise/sunset	21 make a playlist
22 focus on drinking water	23 create a vision board	24 cook a meal yourself	25 stretch for 15 minutes	26 make a list: 10 things you love about yourself	27 take a rest day	28 develop a new habit
29 Exercise	30 compliment yourself					