

30 DAYS TO BETTER MENTAL HEALTH CHALLENGE

DAY 1
DO A DEEP
BREATHING
EXERCISE

DAY 2
CATCH UP
WITH A
FRIEND

DAY 3
SCHEDULE
SOMETHING
FUN

DAY 4
DONATE
SOMETHING
YOU NEVER USE

DAY 5
DO
30MINS
OF YOGA

DAY 6
PLAN A
HEALTHY
MEAL

DAY 7
ASK FOR
HELP

DAY 8
LISTEN TO
YOUR FAVOURITE
MUSIC

DAY 9
GO FOR A
WALK

DAY 10
TAKE
10MINS TO
READ

DAY 11
BUDGET
20MINS OF A
SPA TIME

DAY 12
PRACTICE A
FAVOURITE
HOBBY

DAY 13
GET DISTRACTED
BY A
MOVIE

DAY 14
GO TO BED
30MINS
EARLIER

DAY 15
DRINK JUST
WATER
TODAY

DAY 16
SCHEDULE A
GAME
NIGHT

DAY 17
SET A
MINI GOAL

DAY 18
CROSS AN ITEM
OFF YOUR
TO-DO LIST

DAY 19
COMPLIMENT
SOMEONE

DAY 20
PLAN A NIGHT
WITH
FRIENDS

DAY 21
TRY A
5MIN
MEDITATION

DAY 22
FACETIME
WITH
FAMILY

DAY 23
DO
SOMETHING
OUTSIDE

DAY 24
BOOK A FAMILY
NIGHT
OUT

DAY 25
UNFOLLOW
NEGATIVE
SOCIAL MEDIA
ACCOUNTS

DAY 26
SAY NO TO
SOMETHING

DAY 27
HAVE A
PHONE FREE
NIGHT

DAY 28
WATCH A
SILLY VIDEO

DAY 29
WRITE DOWN
SOMETHING
GOOD THAT
HAPPENED

DAY 30
ADOPT A
NEW
HABIT