

LIFESTREAMS 30-DAY MENTAL HEALTH CHALLENGE

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| Take 10 minutes to relax and stretch | Go to bed early (try setting an alarm) | Say/write something good that happened today | Take a long, relaxing bath or shower | Do something nice for someone else |
| Watch a silly video | Eat a super-healthy meal | Take a picture of yourself smiling, or smile in the mirror | Say/write three goals for yourself | Try a food you've never eaten before |
| Take 10 slow, deep breaths | Do one thing you've been avoiding | Compliment someone else | Exercise for 30 minutes | Clean one room in your home |
| Say/write something you like about yourself | Sleep for 8 hours tonight (set two alarms) | Learn something new (try an activity on LifeStreams!) | Draw, paint, or color a picture | Don't complain about small things at all for a day |
| Say/write something you want to do this year | Listen to your favorite song (dance if you want!) | Compliment yourself three times today | Ask another person for help with something | Tell a silly joke (make it up or find one) |
| Spend at least 30 minutes outside | Say/write your favorite food, color, and animal | Try a new exercise (check LifeStreams for ideas) | Eat a meal or snack outside | Pick one of the challenges and do it again! |