Mental Health Challenge

**Day 1**
Write as many positive things about yourself as you can.

**Day 2**
Fill in your calendar and set time aside for self-care.

**Day 3**
Write down everything that you are worried about at the moment.

**Day 4**
Make a list of people you can reach out to when you need help.

**Day 5**
Talk to someone about how you are feeling.

**Day 6**
Take a relaxing bath or a hot shower.

**Day 7**
Clean out your social media feeds.

**Day 8**
Catch up on TV shows or book you enjoy.

**Day 9**
Make a list of things that make you smile.

**Day 10**
Clean your room or room in your house.

**Day 11**
Give 3 genuine compliments without expecting anything in return.

**Day 12**
Make a happy music playlist. Dance to your favourite song.

**Day 13**
Colour, paint, or draw something.

**Day 14**
Treat yourself in whatever way makes sense for you.

**Day 15**
Go exploring outside – distraction free.

**Day 16**
Donate some of your old belongings.

**Day 17**
Reflect on any lessons you’ve learned this week.

**Day 18**
Make a list of all your accomplishments.

**Day 19**
Smile as much as you can.

**Day 20**
Plan something fun to look forward to.

**Day 21**
Catch up with an old friend.

**Day 22**
Tell someone you love or appreciate them.

**Day 23**
Connect with new people with common interests.

**Day 24**
Wear something that makes you feel good.

**Day 25**
Make a list of all the things you love about yourself.

**Day 26**
Repeat all day: “I am unique and this is my gift to the world.”

**Day 27**
Repeat all day: “It’s okay not to be okay all the time.”

**Day 28**
Repeat all day: “I am doing my best and that is enough.”

**Day 29**
Repeat all day: “I am in control of what I can control.”

**Day 30**
Repeat all day: “I am becoming a better person one day at a time.”

Congratulations, you did it!