












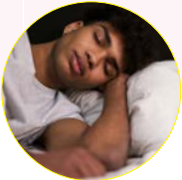


# Daily Mental Health Challenge



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Write down 3 goals	2 Color 	3 Read a book 	4 Journal	5 Catch up with a friend
6 Track your mood throughout the day 	7 Ask for help 	8 Reflect on what you are thankful for	9 Smile more 	10 Stretch for 10 minutes 	11 Cross off an item on your to-do list	12 Connect with nature 
13 Enjoy a quiet evening	14 Share an act of kindness	15 Spend time alone	16 Cook your favorite dish 	17 Have a phone-free night 	18 Do something active 	19 Take time for a hobby
20 Listen to music 	21 Give yourself 3 compliments 	22 Try something new	23 Drink enough water 	24 Practice deep breathing	25 Write down something positive that happened	26 Go to bed early 
27 Practice self-care	28 Eat outside 