

Mental Health Challenge

CHECK OFF WHAT YOU HAVE DONE!

Day 1:
Make a playlist
of songs that put
you in a good
mood

Day 2:
Cook yourself
something
healthy

Day 3:
Watch a movie
that makes you
laugh

Day 4:
Do something
you enjoy

Day 5:
Hug your pet,
friend, or parent

Day 6:
Try a new food

Day 7:
Unplug for one
hour
(TV, Phone, and
PC)

Day 8:
Fix something
that's bugging
you

Day 9:
Create your own
motto

Day 10:
Reflect on what
makes you
happy

Day 11:
Get out of your
comfort zone

Day 12:
Spend time
alone

Day 13:
Write 5 things
about yourself
you are proud of

Day 14:
Wear your
favorite shirt

Day 15:
Treat yo' self!

Day 16:
Write a song,
poem, or letter
to yourself

Day 17:
Pay it forward -
be kind to
someone else.

Day 18:
Celebrate a win,
any win

Day 19:
Think of
something or
someone that
you love

Day 20:
Try one new
coping skill

Day 21:
Think of one way
to make your life
better

Day 22:
Do something
outside

Day 23:
Watch a silly
video

Day 24:
Adopt a new
habit

Day 25:
Talk to a good
friend

