

30 Day Mental health Challenge

Ten minutes a day set aside outside your usual routine, focused on managing stress.

DAY 1 ☐ Write down how you're really feeling today	DAY 2 ☐ Do one thing that calms you down	DAY 3 ☐ Say no to one thing that drains you	DAY 4 ☐ Talk to someone about how you're feeling	DAY 5 ☐ Take 10 minutes completely to yourself
DAY 6 ☐ Notice a thought that isn't helpful, and question it	DAY 7 ☐ Do something physical, even just a short walk	DAY 8 ☐ Write down 3 things you're proud of	DAY 9 ☐ Limit your news or social media for a day	DAY 10 ☐ Do something that makes you laugh
DAY 11 ☐ Get some fresh air	DAY 12 ☐ Rest without guilt	DAY 13 ☐ Notice your energy levels through the day	DAY 14 ☐ Do one small thing you've been putting off	DAY 15 ☐ Reach out to someone you trust
DAY 16 ☐ Practice saying something kind to yourself	DAY 17 ☐ Take a break from a stressful task	DAY 18 ☐ Notice what's in your control today, and let go of the rest	DAY 19 ☐ Do something creative, just for you	DAY 20 ☐ Get a proper night's sleep
DAY 21 ☐ Write down one worry, and one small next step	DAY 22 ☐ Spend time with someone who makes you feel good	DAY 23 ☐ Have a digital detox for an hour	DAY 24 ☐ Move your body in a way that feels good	DAY 25 ☐ Set one small boundary today
DAY 26 ☐ Reflect on a hard moment you got through before	DAY 27 ☐ Do something with no purpose other than fun	DAY 28 ☐ Check in with a friend	DAY 29 ☐ Write down what support looks like for you	DAY 30 ☐ Reflect: what helped you most this month?

Started on: _____ Tick off each day as you go · more free challenges at arloriverrex.com/30-day-challenges