



Mental Wellness Challenges



#1

What's **one** thing you can change in your day to **improve** your mental health?

#2

Create an emergency **music** list for times when you **need love and comfort**:

1	_____	2	_____	3	_____
4	_____	5	_____	6	_____
7	_____	8	_____	9	_____

#3

What do you **struggle** with the most when it comes to your **mental health**? How can you **work** on that?

#4

What are your **top 3 intentions** for each day and how can you **meet** them?

1	_____
2	_____
3	_____

#5

Try a **guided** meditation. You can also try relaxing to **rain**, **waterfall** or **nature** sounds! Which ones make you feel most relaxed?

#6

Work on a **coping skill** that you haven't put into **practice** in a while. You could try:

- Deep breathing
- 5 senses grounding
- Reframing your thinking





#7

Practice being in the **moment** instead of focussing on the **past** or **future**. Be here now.

#8

How do you **sabotage** when it comes to your **mental health**?
How can you work on that?

#9

Pamper yourself today. **Intentionally** make time for **yourself**. **Schedule** it into your day.

#10

How have your **mental health** struggles made you a **stronger** person?

#11

Focus on **resting** and **relaxing** today. Take a nap, go to bed early, have a bath, or just give yourself a **break!**

#12

If you're **frustrated** at your lack of **energy**, practice radical **compassion** for yourself.





#13

Clean up your **online** space. **Unsubscribe** from emails, **unfollow** people, clean up your inbox – make the **internet** a **joyful** place.

#14

Create **sacred** space for yourself. Allow yourself to feel **safe, vulnerable** and **accepted**.

#15

Do a **yoga** routine specifically for **stress, anxiety, depression** or **mental health**.

#16

Check-in with how you are **feeling** today and then plan your day **accordingly**.

#17

Journal, but make it fun! Use **stickers, glitter** pens, coloured paper. Or try a journaling app!

#18

Take a social media **break** for the day and **focus** on the life around you.



#19

Research a new **DBT/CBT** technique or **coping skill**. What could you try?

#20

Identify your **stress** indicators so that you can practice self-care **before** getting overwhelmed.

- 1 _____
- 2 _____
- 3 _____

#21

Have a **date** night with yourself. Watch a **movie** with popcorn, read a **book** with tea. Take time to relax.

#22

Read something that will **benefit** your mental health. It doesn't have to be 'self-helpy', it can just make you **smile!**

#23

Put some **loving** energy into one of your **meaningful** relationships today.

#24

Ask for **help** or have a real **heart-to-heart** about your current needs.



#25

Pick an **affirmation** and repeat it to yourself throughout the day. **Practice** your **positive self-talk**.

#26

Focus on your **self-care routine**. How can you make each day more **nourishing**?

#27

Spend time **outside**. Let the sun land on your face, close your eyes and **breathe** in the fresh air.

#28

Focus on your self-care **routine**. How can you make each day more **nourishing**?

#29

Discover new **apps** that might help you **manage** your time, relax, or **calm** you down.

#30

Focus on what your **feelings** are trying to tell you instead of immediately **reacting** to them.



