



Let's Thrive Your 31 Day Journey Towards Wellbeing

Participant Instructions

When it comes to taking care of ourselves, we often focus on our physical body and overlook our mental and emotional health. According to multiple studies, focusing on your mental health can improve your immune system, increase your productivity, and even help you live longer. And just like your body needs to get into a routine, daily habits also impact our mental health. During this month-long challenge, you'll practice a new behavior that will help you improve your mental health. Easily track your activity by placing an "X" on the challenge log for each activity you participate in.

Complete at least 20 of the 31 activities to complete this challenge. We suggest trying to ensure you are getting in at least two activities from each of the six categories.

Physical Activity	1 Take a quick & free mental health assessment . ¹	2 Try a new form of physical activity. (i.e., zumba dance class, indoor rock climbing, tai chi.)	3 Wake up 10 minutes early. Stretch or mediate.	4 Take a walk outdoors.	5 Make it a point to walk 10,000 or more steps in one day.	6 De-clutter a room or organize your calendar, work.
Unplug & Unwind	7 Take a social media sabbatical.	8 Don't overthink. Practice being present.	9 Unsubscribe from unnecessary emails.	10 Make a list of short-term goals.	11 Journal 10 things you are grateful for.	12 Your Choice! Complete one of these tips from Mental Health America . ²
Connect	13 Send an encouraging text to a friend.	14 Plan a coffee date with a friend.	15 Call someone you love.	16 Share your progress on social media using the hashtag. #MHAwareness Challenge		
Self-Care	17 Go an entire day without complaining.	18 Buy yourself flowers or buy yourself something nice.	19 Organize your calendar.	20 Do one thing you have been putting off.	21 Go to bed one hour earlier than usual.	22 Get rid of 5 things you never use.
Nutrition	23 Make a creative healthy salad.	24 Enjoy the sun. Eat a nutritious lunch outside or by a window.	25 Make time for a wholesome breakfast.	26 Drink an organic smoothie full of fruits and vegetables.	27 Increase your water intake. Make sure to drink 8 or more cups in a day.	
Education & Awareness	28 Share http://988lifeline.org/ , the suicide and crisis helpline, on social media.	29 Practice deep breathing to reduce stress.	30 Explore the practice of guided-meditation. https://www.mindful.org/	31 Write 1-2 goals to help you focus mental wellbeing through the year.		

¹ <https://screening.mhanational.org/screening-tools/>

² <https://www.mhanational.org/31-tips-boost-your-mental-health>