

30 DAY Mental Health Challenge



Journal your thoughts or feelings — no filter

Make a vision board or dream collage

Do 10 minutes of yoga or stretching

Hold an ice cube and focus on the cold — it grounds you

Tell someone you appreciate them

Draw how you feel using only colors and shapes

Write a gratitude list with at least 10 items

Watch the clouds or stargaze with no distractions

Sit in silence for 2 full minutes & just breathe

Ask for help when you need it

Write a letter to your future self

Record a positive voice note to yourself

Take a break from screens for an hour

Do something kind for someone else anonymously

Watch a funny video and lol

Create a “life soundtrack” with songs that describe you

Start a “Things That Make Me Smile” list

Listen to calming music with your eyes closed

Set one small goal and complete it

Read something inspiring (quote, poem, article)

Make a worry jar — write worries and lock them away

Practice 5-5-5 breathing (inhale, hold, exhale for 5 sec)

Try progressive muscle relaxation (tense & release muscles)

Say “no” to something that drains your energy

Unfollow accounts that make you feel “less than”

Try a mood tracker (daily or weekly)

Take a mindful walk and notice 5 things you see/hear

Take a warm shower & imagine washing away stress

Reframe a negative thought into something positive

Celebrate something small you accomplished this week

itacemw.com
It takes a community.