

DECEMBER MENTAL HEALTH CHALLENGE



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1 Take a walk outside

2 Compliment someone

3 Drink more water throughout the day

4 Write down your strengths

5 Take 5 mins of "me time"

6 Practice mindful breathing

7 Try something new

8 Check-in with someone who might be having a bad day

9 Try a new recipe

10 Facetime a friend

11 Take a break from social media

12 Dance to your favorite music

13 List 10 things you are grateful for

14 Ask for help

15 Send an encouraging message to 3 people

16 Eat more fruits & veggies

17 Declutter your room or desk

18 Have a phone-free night with family or friends

19 Journal for 10 minutes

20 Take a long bath/shower

21 Call a friend or relative who is far away to say hello

22 Take a photo of 3 beautiful things

23 Listen to a song that makes you happy

24 Choose to give or receive the gift of forgiveness

25 Spend time physically or virtually with those you love

26 Watch a silly video

27 Tell someone you appreciate them

28 Try a meditation or short yoga flow on Youtube

29 Write a thank you card to someone in your life

30 Take 10 minutes to read

31 Take a selfie, just as you are and find one thing you love about yourself



Post your progress in the GfC Wellness Facebook group