



30 Day Mental Health Challenge

DAY 1

Do a deep breathing exercise

DAY 2

Catch up with a friend

DAY 3

Schedule something fun

DAY 4

Donate something you never use

DAY 5

Do 30 minutes of yoga

DAY 6

Plan a healthy meal

DAY 7

Ask for help

DAY 8

listen to your favourite music

DAY 9

Take 10 minutes to read

DAY 10

Go for a walk

DAY 11

Budget 20 minutes of spa time

DAY 12

Practice a favourite hobby

DAY 13

Get distracted by a movie

DAY 14

Go to bed 30 minutes earlier

DAY 15

Drink just water today

DAY 16

Schedule a game night

DAY 17

Set a mini goal

DAY 18

Cross an item off your to-do list

DAY 19

Compliment someone

DAY 20

Plan a night in with friends

DAY 21

Try a 5 minute meditation

DAY 22

FaceTime with family

DAY 23

Do something outside

DAY 24

Book a date night

DAY 25

Unfollow negative social media accounts

DAY 26

Say no to something

DAY 27

Have a phone-free night

DAY 28

Watch a silly video

DAY 29

Write down something good that happened

DAY 30

Adopt a new habit



30 Day Wonders

Judd E. Hollander



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