



30-Day

Mental Health Challenge

— Day 1 —

Try a 5-minute mindfulness meditation.

— Day 2 —

Disconnect from your phone for 2 hours.



— Day 3 —

Schedule an upcoming wellness appointment, such as a massage, annual check-up, therapy session, etc.

— Day 4 —

Be mindful not to complain for the day.

— Day 5 —

Have a 5-minute solo dance party!



— Day 6 —

Do some journaling for 10 minutes.



— Day 7 —

Text a close friend & ask them what they like about you for a boost of confidence.

— Day 8 —

Make it a day of giving more hugs. Pets and hugging yourself count too!

— Day 9 —

Have your morning coffee or tea outside.



— Day 10 —

Reconnect with an old friend on the phone.

— Day 11 —

List your 6 top qualities on paper.

— Day 12 —

Create 2-3 positive affirmations.



— Day 13 —

Take a 15-minute gratitude walk.

— Day 14 —

Organize one drawer in your home.

— Day 15 —

Create a personal mantra.



— Day 16 —

Stay hydrated all day with H2O.

— Day 17 —

Read a chapter of a book.



— Day 18 —

Try a simple stretching video on YouTube.

— Day 19 —

Do a random act of kindness!

— Day 20 —

Enjoy nature today: Take a walk, go for a bike ride or go hiking.



— Day 21 —

Write a forgiveness note to someone or yourself.



— Day 22 —

Explore your creativity today, paint/draw or do a DIY craft.

— Day 23 —

Social media detox day.

— Day 24 —

Watch a funny movie or video.



— Day 25 —

Eat clean today.

— Day 26 —

Try a mindful breathing exercise.

— Day 27 —

Plan a fun outing with someone.



— Day 28 —

Download a mental health app, such as Calm, Abide or Headspace.

— Day 29 —

Celebrate yourself today!! Buy yourself something, have some cake or go to a cafe.

— Day 30 —

Today take time rest and do something calming.



Viral Challenge Mental Health Tips Ideas

Tao Wei



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