



# 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

**Patrick Vollmar**



## **Viral Challenge Mental Health Tips Ideas:**

## **Viral Challenge Mental Health Tips Ideas** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Viral Challenge Mental Health Tips Ideas**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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