

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 to rest and do something calming.



Mental Health Tips Viral Challenge Last 90 Days

Marco Cascella



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to solve a linear programming problem we first need to know the fundamental theorem of linear programming given that an optimal solution to a linear programming problem exists it must occur at a vertex of the feasible set if the optimal solution occurs at two adjacent vertices of the feasible set then the linear programming problem

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for an integer programming model p the linear programming model we get by dropping the requirement that all variables must be integers is called the linear programming relaxation of p the steps are divide a problem into subproblems calculate the lp relaxation of a subproblem

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exercise 9 an optimal control problem with an analytical solution we consider the problem of maximizing a linear function of the final state of a linear system subject to bounds on the inputs maximize dtx_n subject to $u \leq u^0$ $n = 1, \dots, n_p$ $1 \leq t \leq \alpha$ where x and u are related via the recursion $x(t+1) = Ax(t) + Bu(t)$

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2018 2019 exercise 3 determine using the simplex algorithm with bland's rule the optimal solution to the following linear programming problem $\max s = 3x_1 + 5x_2 + 2x_3 + 4x_4$ $x_1 + 2x_2 + 3x_3 + 4x_4 \leq 3$ $2x_1 + x_2 + x_3 + 2x_4 \leq 4$ $x_1 + x_2 + x_3 + 4x_4 \leq 2$ r solution the problem in standard form is the initial tableau is $\min s = 3s_1 + 5s_2$

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recognize the typical form of a linear programming problem formulate maximization linear programming problems graph feasible regions for maximization linear programming problems determine optimal solutions for maximization linear programming problems

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formulate the appropriate linear programming problem solution a unknowns define x number of type a sheds produced each day y number of type b sheds produced each day chapter 5 linear programming exercise 5a 1 ann and margaret run a small business in which they work together making blouses and skirts

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harold charles schonberg was born in washington heights manhattan in new york city new york on 29 november 1915 his parents were david and minnie kirsch schonberg and he had a brother stanley and a sister edith his aunt alice frisca was an early influence and his first music teacher she was a former concert pianist and had studied with leopold godowsky he started piano lessons with frisca at four years old and discovered early on that he had a super

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