

# Mental Health Challenge

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01 24 hour break from social media	02 Call someone you miss	03 Read for 30 minutes	04 Go for a drive	05 Treat yourself (Buy something nice)	06 Make your favorite meal
07 Write about your day	08 Spend time with a friend	09 Learn a new skill	10 Walk for 20 minutes	11 Listen to music for 20 minutes	12 Spend time on a hobby	13 Sit outside, get some fresh air
14 Pack your lunch	15 Practice deep breathing	16 Have a good laugh	17 Declutter your space	18 Enjoy your favorite dessert	19 Take a midday walk	20 Listen to a podcast
21 Drink 8 glasses of water	22 Draw in your notebook	23 Include fruits and vegetables at each meal	24 Write 5 positive things about yourself	25 Have a mini photo shoot	26 Write 3 realistic goals	27 Plan a weekend getaway
28 Read for 30 minutes	29 Go on a nature walk	30 Pay it forward				

MY MILITARY  
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