

COUNSELOR CORNER

MAY 2024

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 favorite music.	DAY 9 Take 10 minutes to read.	DAY 10 Go for a walk.
DAY 11 Budget 20 minutes of at-home spa time	DAY 12 Practice a favorite 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 zoom catch-up with friends.
DAY 21 Try a 5-minute meditation.	DAY 22 FaceTime with family.	DAY 23 Do something outside.	DAY 24 Order in and watch a movie with your s/o.	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.