



Mental Health Challenge

Check off as many of these activities as you can throughout the month of May.

Do a deep breathing exercise.

Catch up with a friend.

Schedule something fun.

Donate something you never use.

Do 15 minutes of yoga or stretching.

Try a new healthy recipe.

Read 10 plus pages from a book.

Start a new healthy habit.

Enjoy time with a pet or animal.

Drink 64 oz of water in a day.

Eat a healthy snack.

Take a walk

Watch a feel-good movie.

Write down 3 good things about your day.

Cut out 2 hours of screen time before bed.

Help lighten someone's load that's stressed.

Support a charity.

Show someone love by texting them.

Get 8 hours of sleep.

Try a guided meditation.

Do an activity outside.

Do at least 1 Random Act of Kindness

Clean up a cluttered space.

Cross something off your to-do list.

Give an old friend a call

Share something that makes you happy in Glip.

Track your steps for a day.

Try a grounding technique.

Do 30 minutes of exercise.

Eat a meatless meal.