

A large, semi-transparent green bell icon is centered in the background of the main text area. The bell is rendered with a 3D effect, showing highlights and shadows, and is slightly tilted. It is positioned behind the main title text.

Mental Health 30-Day Challenge

Struggling to cope with the COVID-19 pandemic, end of the year stress or other life concerns? Join this 30-Day Mental Health Challenge to help you improve your mental health!

DAY 01

Use your senses

We lose ourselves in the focus of past and future. By focusing fully on what has happened or what needs to happen we miss the beauty of what is happening in the present moment. Slowing down, and reconnecting with ourselves is a great way to feel grounded.

Challenge for Day 1 - Any time in the day take a moment to stop what you are doing and focus on:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can taste
- 1 thing you can smell

Do it more than once in the day if you can. Connect to your body and what is happening around you.



DAY 02

Make a list of short-term goals

Not having a plan of action is like driving without a destination. If we want to achieve success and feel satisfied with our lives, we need to set goals to work towards. These goals should be flexible and not all consuming - but rather provide an outline and sense of direction. Goals should always be specific, achievable, realistic, measurable and provide motivation.

Challenge for Day 2 -

Make a list of short-term goals that you would like to focus on until year end. These may transform into medium term goals for the new year, but for now focus on the short term.



DAY 03

Unfollow negative people on social media

Social media distracts us from our present moment, it can increase stress and decrease the closeness we share with those around us.

Challenge for Day 3 –
Unfollow those social media users that post negative content or make you feel any bit less about yourself.



DAY 04

Spend time alone and practice self-care

Self-care can increase positive thinking and make us less susceptible to stress, depression, anxiety and other emotional health issues.

Challenge for Day 4 –

Spend some time alone with your mind and body, and practice some self-care by sleeping in, avoiding any difficult chores, reading a good book or taking a long bath. Give yourself some much-needed time to unwind and de-stress.



DAY 05

Do an activity just for yourself

Choosing to put ourselves first can create the fear of being selfish. However, to take care of our families and those we love, we need to be in a good mental space. Self-care encourages mental resilience, thus leaving us with the extra strength for others. Putting yourself first may be the best thing you do for your family.

Challenge for Day 5 – Do one activity today that is completely for you. This activity should be something you enjoy such as a long bath, a good run or maybe buying your favourite dessert. The main goal is to enjoy the activity and take the time to be present in the moment.



DAY 06

Write down 5 personal strengths

It can be easy to focus on our shortcomings. Our critical voice always seems louder than the one motivating or building us up. Our brains develop through patterns. The more we practice something, the deeper and more automatic that pattern becomes. If you are continually bringing yourself down, you are actually enforcing negativity.

Challenge for Day 6

– Write down 5 personal strengths. Put this list somewhere you can see it often to remind yourself to reinforce positive patterns.



DAY 07

Do your favourite exercise

The topic of exercise is not a favourite for many people. However, there is a substantial amount of research confirming that exercise is good for our mental health. Some studies have even suggested that exercise is better for us than medication.

Exercise does not have to mean the gym. Any activity that increases your heart rate is exercise. This can be shopping, cleaning, hiking or going for a swim. Try to do 30 min of exercise at least 3 times a week.

Challenge for Day 7 – Choose an exercise activity you enjoy and get your heart rate pumping!



DAY 08

Cook up your favourite meal

You can do this for every meal or just for one. Even if you barely know how to cook, use it as a challenge to learn something new today.

Challenge for Day 8

– Pick one of your favourite dishes and spend time cooking it up and enjoying the art of cooking.



DAY 09

Choose a pleasant activity

Take some time to create a list of activities you consider pleasant (positive, enjoyable, uplifting). These can be activities done by alone or with others. They can even be creative activities such as painting, writing, or anything that gets your creative juices flowing.

Challenge for Day 9

– Choose an activity from your list and action it.



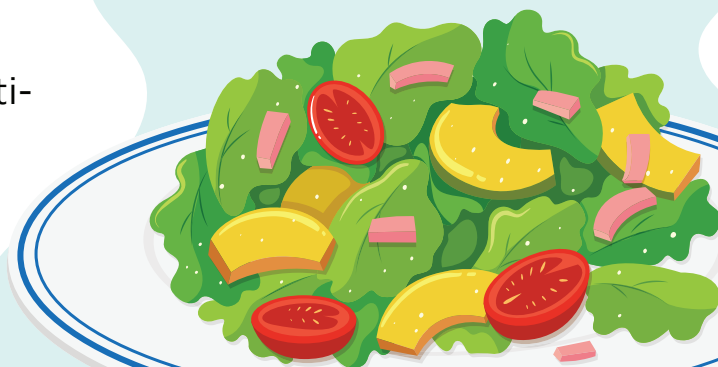
DAY 10

Eat healthy anxiety-reducing meals for the whole day

Starting the day off with a healthy mind and body gives you energy to tackle the rest of the day.

Challenge for Day 10

– Eat foods such as leafy-green vegetables, zinc-rich foods such as oysters, liver, beef, cashews, and egg yolks, fatty fish, asparagus, antioxidant-rich foods and foods with B vitamins.



DAY 11

Learn how to focus on breathing

Slow, controlled breathing can be helpful for many situations - if you are feeling anxious, stressed, angry, overwhelmed, frustrated or even tired. Through controlled breathing we are able to lower the stress hormones in our body and encourage our bodies to calm down. This is incredibly helpful if you are feeling out of control.

Challenge for Day 11

- Find a quiet place to practice focused breathing.



DAY 12

Create a balance chart

Balance is key to a meaningful life. Often, without being aware of it, our lives become unbalanced, fully focused on work or others. We may lose track of who we are or want we want. We only have this life; it is possible to live a full balanced life.

Challenge for Day 12 – Take a moment to create a pie chart of the balance in your life. Your balance chart should include time to rest and recuperate, time for physical activity, time to work and learn, time to spend with others and time to play and enjoy. Now consider how you can make this more balanced and more aligned to what you would like it to be.



DAY 13

Dance around to your favourite playlist

Dancing to your favourite music can help you release all of the built-up tension. Allow yourself to fully enjoy each song and let go of all your problems for a few minutes.

Challenge for day 13

– Let loose, throw on some headphones and dance around to your favourite tunes.



DAY 14

Workout for 30 minutes

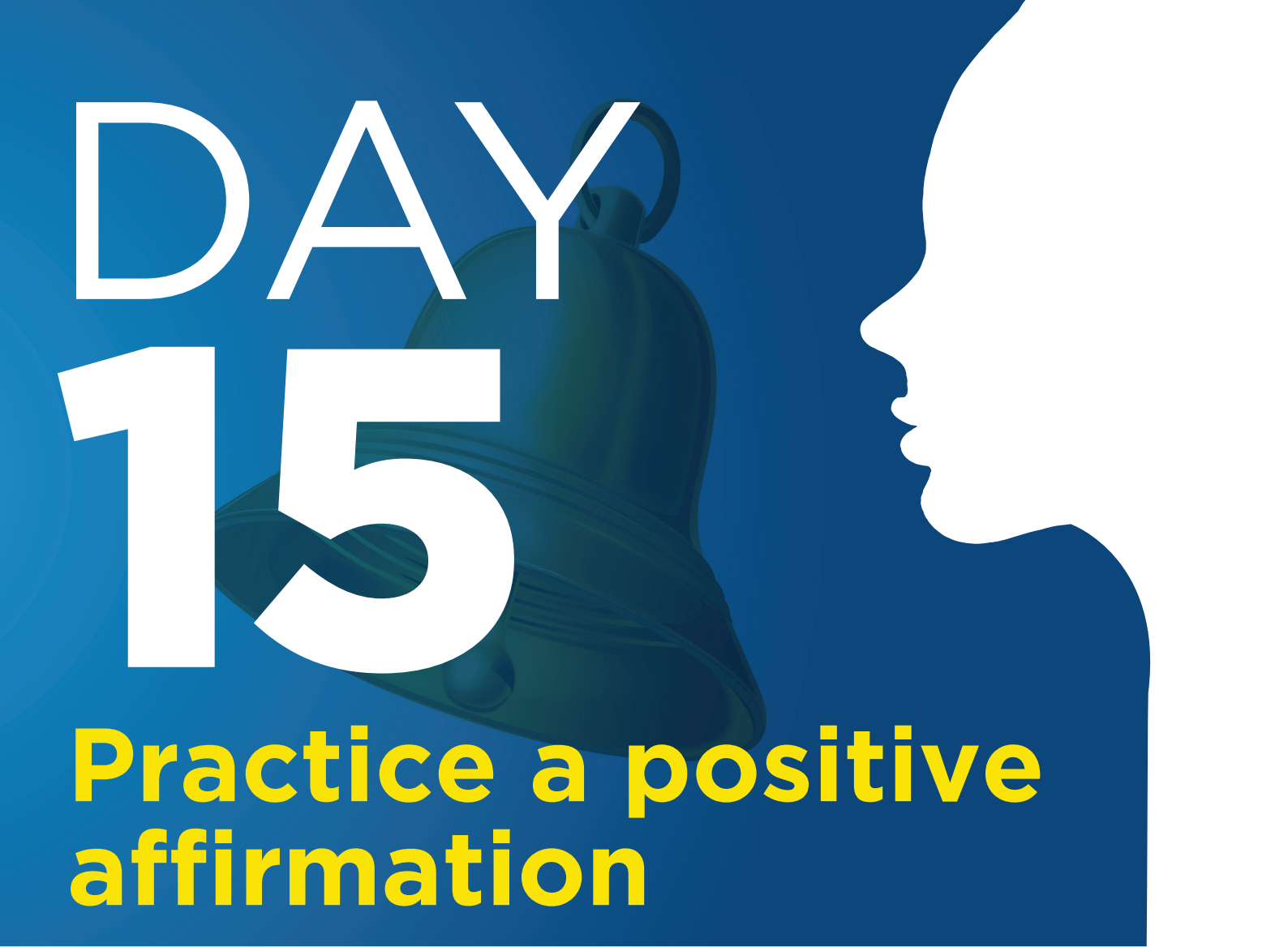
Everyone has different preferences for working out. Some love running, others love yoga.

Challenge for day 14

– Choose an exercise that works best for you and do it for 30 minutes today.



DAY 15



Practice a positive affirmation

Building a positive mindset comes from repeated positive experiences. For positivity to be automatic we need to start off by consciously activating positive thoughts.

Challenge for day 15 – Create a list of positive affirmations. Use these to motivate you when you are feeling down or stuck. Pick one affirmation that really stands out to you repeated this throughout your day.

DAY 16

Do something that pushes you out of your comfort zone

A good way to combat anxiety is by taking action and doing some of the things that really scare you. That way once you do them, you will see they aren't as scary as you thought.

Challenge for day 16 –
Choose one thing that would make you uncomfortable while also benefiting you. Preferably something you have really wanted to do but were too afraid to try.



DAY 17

Carry out one random act of kindness

The act of kindness helps to shift our focus on to another for no gain or validation. To be truly kind can be a freeing experience, allowing us to take a step out of our own frame of reference.

Challenge for day 17 -
Carry out one act of kindness - this can be for anyone - friend/stranger. Conduct the act without any expectation of reciprocity.



DAY 18

Meditate

The act of meditation is essentially the ability to clear your mind. There are many types of meditation - some focus on guided imagery where the speaker takes you on a journey inside your mind. Or the meditation can be self-directed to a place of calm, safety or nothingness. The purpose of meditation is to connect to your present, to facilitate control of your thoughts and regulation of your emotions.

Challenge for day 18 - Find a quiet place to meditate. If you are new to meditation don't get discouraged - meditation is difficult and you may find that you can only do a few minutes in the beginning. If you are new to meditation try a guided meditation clip that you can follow.



DAY 19

Reflect on the positive memories of the year

2020 has been a tough year for many. We are in the middle of a global pandemic and you may have had your fair share of personal struggles. No matter how difficult, nothing we experience is ever completely negative.

Challenge for day 19 –

Spend time reflecting on your year in a positive manner. Think about the good memories of the year and the growth that has come from it. If you have had many challenges, consider how you can make meaning from them and allow them to guide you in the new year.



DAY 20

**Work on seeing the good
and don't complain at all**

Complaining leads to feeling like the victim of your own life. Instead of blaming other things for going wrong today, practice letting go.

Challenge for day 20 –
Each time you get annoyed or frustrated by things, turn your thinking to something good.



DAY 21

Do things your inner child would love

When you listen to what your inner child wants, you help connect with yourself on a deeper level. And life doesn't feel so overwhelming when you work on taking care of the inner child in you.

Challenge for day 21 –

Think back to what you liked to do as a kid, then make it a point to do some of those things today. Act like a kid for the day and let go of adult responsibilities (as best you can).

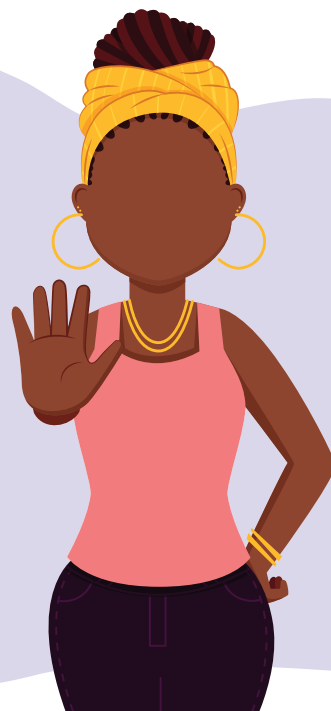


DAY 22

Set some boundaries

Setting boundaries helps you feel mentally stronger because you don't put up with things you don't want. And other people start to respect you because they know they can't walk all over you.

Challenge for day 22 – Focus on setting some boundaries. If you have agreed to making plans or doing something you didn't want to do, speak up and let the people know you can't do them.



DAY 23

Make a list of 10 things you love about yourself

From your personality to what you look like, list some things that you appreciate about who you are. And if you can come up with more than 10 things, great! Throughout today try to come up with some things you like and then review them at the end of the day.

Challenge for day 23

– Practice some self-love today and come up with 10 things you personally love about yourself. This can be anything.



DAY 24

Treat yourself

You've been working hard at improving your mental health! Take today and treat yourself to something special. It's always good to reward yourself every once in while when you're doing a challenge. This keeps you motivated to keep going.

Challenge for day 24

- Treat yourself to your favourite meal or buy that thing you've been thinking about for a while now.



DAY 25

Challenge your negative thoughts

You can honestly spend every day challenging your negative thoughts, but today it'll be your main focus. Ask yourself “why is this bothering me?”. You can even write down your thoughts to get it out of your head and into the open.

Challenge for day 25 – Whenever you feel your inner critic take over, work on challenging those thoughts. And if you're feeling particularly anxious work on digging a little deeper as to why you're anxious.



DAY 26

Invest in a growth experience

Many people spend their time waiting. Waiting for the right time to study, to change jobs, to start a family, to ... The problem with waiting is that there is never a perfect time, and instead of creating experiences for change and growth we allow time to pass us by uneventfully.

Challenge for day 26 – Invest in a growth experience. This can take many forms - applying for a short course, taking on an adventure, traveling to a unique place or even doing something that is out of your comfort zone. Take time today to decide, plan and book your growth experience.



DAY 27

Plan something exciting for the new year

As you count down towards the end of 2020, create excitement for the year to come with goals and plans for 2021. Consider something you always wanted to do and take action. There is no better time than now.

Challenge for day 27 – Plan something exciting for the new year. Don't just think about it - take action, make the booking, follow through on the plans.



DAY 28

Reflect on the challenges of the year

Spend some time reflecting on the challenges you have encountered this year. As you reflect, do so with the frame of mind that focuses on growth and learning. By making meaning from the experience you can feel empowered and use it to grow.

**Challenge for day
28** – Reflect on the
challenges of the
year with a positive
outlook.



DAY 29

Let go

Letting go is a choice we make to no longer hold on to that which harms or frustrates us but to take responsibility of ourselves and make the choice to let go of our grip. Many times, what we hold on to only keeps us stuck and unable to move forward. By choosing to let go we free ourselves of excess weight and hardship.

Challenge for day 29 –

Take time to consider what in your life has become heavy. Think about why this has happened, what you can learn from it and make a conscious choice to leave it behind.



DAY 30

Self-reflect on the month

What do you want to do differently next month? What worked this month? Did this challenge help your mental health?

Challenge for day 30

– Reflect on how this month went and see if this challenge helped your mentality at all.

