

May Mental Wellness

10 Day Challenge

1



Create a self-affirmation. Repeat it during the day. (Ex: "I Am Courageous.")

2



Practice deep breathing or meditation for 10 minutes, 3 days in the week.

3



Perform a random act of kindness.

4



Take a 1-2 hour screen time break..

5



Forgive yourself, everyone makes mistakes.

6



Clean your room or an area in your home where you spend a lot of time.

7



Get outside for some sunshine!

8



Go to bed on time. Aim for 8 hours of sleep.

9



Stay hydrated! Challenge yourself to drink an extra bottle of water.

10



YOUR CHOICE!
Make time to do something that makes you happy!

BONUS



Journal about your thoughts and feelings



Take time to celebrate something that went well today. Share it with someone!



CHECK-IN

As a result of this challenge...



I FEEL....



I AM MORE AWARE OF...



I WILL CONTINUE....

INTENT: to nurture your mental well-being and support a healthy YOU at Drew!

INSTRUCTIONS:

Preview all activities and determine where you'd like to begin. Some tasks will be completed over multiple days and require some advanced thought to ensure success. Restart or extend this challenge as long as you need. See how you can integrate these positive habits supporting mental well-being into your daily life over time!



INTERVENTIONS

Mental Wellness Challenge

- 1** Self-Affirmation
THE WORDS WE USE WITH OURSELVES ARE IMPORTANT, HOW WE UPLIFT OURSELVES IS A STRENGTH TO USE DURING TIMES OF DISTRESS.
- 2** Deep Breathing
TAKING DEEP BREATHS HELPS CALM YOUR MIND AND BODY AND BUILDS ENDURANCE AND STRENGTH.
- 3** Random Act of Kindness
KIND ACTS CONTRIBUTE TO A MORE POSITIVE + HAPPIER WORLD. HELPING OR BEING KIND TO OTHERS CAN BOOST YOUR MOOD AND HELP YOU THINK LESS ABOUT YOUR STRESSORS.
- 4** Technology Break
CAN HELP IMPROVE SELF-ESTEEM, FOCUS + ALL AROUND PERFORMANCE
- 5** Self-Compassion
SUPPORTS INCREASED FEELINGS OF HAPPINESS AND CONNECTEDNESS WITH SELF + OTHERS. WHEN WE ARE KIND TO OURSELVES, WE CAN EASILY EXTEND THIS TO OTHERS.
- 6** Clean Space
CLUTTERED ENVIRONMENTS + OBJECTS COMPETE FOR YOUR ATTENTION. CLEAN SPACES HELP IMPROVE YOUR MOOD AND ALLOWS YOU TO FOCUS ON THE THINGS THAT MATTER
- 7** Physical Activity
PHYSICAL EXERCISE INCREASES ENERGY LEVELS, IMPROVES BRAIN HEALTH, SLEEP + YOUR ABILITY TO COMPLETE EVERYDAY TASKS
- 8** Time Outside
POSITIVE IMPACT ON YOUR MOOD; LOWERS YOUR STRESS-HORMONE CORTISOL AND DECREASES YOUR HEART RATE.
- 9** Rest
HELPS IMPROVE YOUR PHYSICAL ENERGY, MEMORY, AND ATTENTION
- 10** Free Choice!
THE FREEDOM TO CHOOSE INCREASES SELF-MOTIVATION + CONFIDENCE; CHOOSE TO DO SOMETHING THAT BRINGS OUT THE BEST IN YOU!