

31-DAY MENTAL HEALTH CHALLENGE

Day 1
Start your day with 5 minutes of stretching

Day 2
Take one meeting outside

Day 3
Do a deep breathing exercise

INHALE EXHALE

Day 4
Go to bed 30 minutes earlier than normal

Day 5
Listen to your favorite music

Day 6
Spend time with a person (or animal) you love

Day 7
Go for a walk

Day 8
Reach out to a friend or family member to chat

Hi!

Day 9
Start your day with a 10-minute walk outside

Day 10
Set 30 minutes in your calendar to move your body

Day 11
Cook a healthy meal

Day 12
Take one meeting outside

Day 13
Do a deep breathing exercise

INHALE EXHALE

Day 14
Make sure you take a lunch break

Day 15
Cook a healthy meal

Day 16
Prepare, eat, and enjoy breakfast before you start working

Day 17
Block out time for specific projects to stay focused today

Day 18
Do a deep breathing exercise

INHALE EXHALE

Day 19
Start your day with 5 minutes of stretching

Day 20
Take one meeting outside

Day 21
Find a new workout video and give it a try

Day 22
Meditate for 10 minutes

Day 23
Do a deep breathing exercise

INHALE EXHALE

Day 24
Make after-work plans and block them in your calendar

Day 25
Make sure you take a lunch break

Day 26
Take one meeting outside

Day 27
Prepare, eat, and enjoy breakfast before you start working

Day 28
Spend time with a person (or animal) you love

Day 29
Order takeout and watch Netflix tonight

Day 30
Do a deep breathing exercise

INHALE EXHALE

Day 31
Start your day with 5 minutes of stretching

Dear me
Don't be so hard on yourself, you're doing great!

Taking care of mental health and work-life balance is a rollercoaster—one week you may be absolutely nailing it, while the next leaves room for improvement. Use this 31-day challenge to kickstart a focus on your mental health, get back on track, or simply maintain the work you're putting in.

YOU GOT THIS!