

mental health makeover

7 DAY CHALLENGE

Make over your mental health with this daily challenge! Try to complete each activity each day to improve your mindset, mood and overall mental health! Journal each day to keep track of how these activities affect you.

DAY 1

- Identify your biggest stressors
- Drink 80 oz of water
- Spend 20 minutes outside
- Reach out to a friend

DAY 2

- Journal 5 things you're grateful for
- Wind down and go to bed early
- Do 15 minutes of personal development
- Eat a nourishing, whole food meal

DAY 3

- Do a hobby you enjoy
- Plan a trip or outing
- Walk or bike for 20 minutes
- Eat or take Omega-3 fatty acids

DAY 4

- Get out and do something social
- Make a healthy smoothie or juice
- Do your fave form of self-care
- Ask for help with something

DAY 5

- Let go of one of your stressors
- Visit or volunteer at an animal shelter
- Unplug from social media all day
- Spend 30 minutes outside

DAY 6

- Spend 10 minutes in total silence
- Declutter for 15 minutes
- Journal your feelings for 15 minutes
- Do something creative

DAY 7

- Do 30 minutes of movement
- Set goals for the week and month
- Get together with a friend
- Do something to serve others

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DAILY JOURNALING SHEET

Use this sheet to jot down any notes on the state of your mental health each day, so that you can see how different strategies affect you.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7