



AUGUST 2021

MENTAL HEALTH CHALLENGE

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|--|--|---|---|--|
| 01 | 02 | 03 | 04 | 05 | 06 | 07 |
| Start the month and week right! List 4 realistic goals you would like to meet by the end of the month! | STAY HYDRATED! Drink at least 8 glasses of water today. | Eat a meal that makes you happy. | Tell someone you love them today | Random Act of Kindness. | Go out with a friend you have not seen in a while & check up on them. | Lay in bed and just relax |
| 08 | 09 | 10 | 11 | 12 | 13 | 14 |
| Wake up early to see the sunrise. | Meditate for at least 5 minutes | Go outdoors and look at the scenery. | Take yourself out on a date. | What are you grateful for today? Write at least 3 things you are grateful for today | Tell your family you love them. | Look in the mirror and say three things you love about yourself. |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Paint a picture of how you are feeling today. | Do a 10 minute stretch when you wake up | Try something new! | Treat yourself! Write 5 traits you love about yourself | Aim for 8 hours of sleep! Sleep earlier than usual | Go for a walk | Pay it forward |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| Take a deep breath when you're feeling overwhelmed. | Strike a conversation with a stranger. | Choose an affirmation to repeat throughout the day | Get yourself some flowers. | Make your favorite meal from scratch. | Watch a movie by yourself. | Do one thing you have been putting off |
| 29 | 30 | 31 | | | | |
| Listen to your favorite music and power walk! | Watch the sunset with someone/ people you love | Look back at the month and write down all of the things you have accomplished. | | | | |