

Mental Health Month October 2020: 30 days to a happier you!

30 days to a more joyful you challenge: set yourself a goal to complete as many activities as you can over 30 days.....

Complete each one, or pick a few and repeat, record them on the calendar as you go:

1. Go for a 10 minute walk
2. Start a morning routine
3. Drink 2-3 litres of water
4. Sleep 6-8 hours
5. Call or text a friend
6. Call or text a family member
7. Do a 5-10 minute meditation
8. Practice mindfulness—find a quiet place and take time to notice what is going on around you
9. Go for a 10 minute walk outside - take your shoes off and walk on the grass
10. Have lunch with a friend or colleague
11. Swim in the ocean
12. Take a walk along the lake/nature
13. Do a 30 minute workout
14. Declutter a room/section of your house
15. Spring clean your wardrobe/clothes
16. Gratitude journal - morning or night
17. Connection - connect with someone you think needs a chat or may be struggling
18. Carry out a random act of kindness—do something nice that no one will notice
19. Volunteer to help out a colleague, neighbour or charity organisation
20. Listen to a podcast for your mental health
21. Journal—write down how you feel if you don't feel like talking to anyone
22. Start a hobby or teach someone something new eg, drawing/painting
23. Talk to someone/ your team mates about mental health month
24. Watch a movie or your favourite TV show
25. Help a family member with chores
26. Listen to your favourite play list and sing along - listening to music can reduce anxiety, bloody pressure, and pain as well as improve sleep, mood, mental alertness and memory
27. Get involved with a group or club
28. Cull your following list on social media of anything negative or that doesn't make you feel good
29. Have an alcohol free day
30. Make a daily to do list to feel more organised

30 DAY Challenge

30 days to a happier you....

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30



Tune in... It means being aware of what is happening within you, and in the world around you.

Being present by tuning in has been shown to help build self-awareness, help make effective choices, reduce the impact of worry, and build positive connections.