

OCTOBER MENTAL HEALTH CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Create an affirmation for the month	Watch something funny
3	4	5	6	7	8	9
Go to bed early	Eat 3 meals	4 reasons that you deserve love	Get 15-minutes of sunlight	Call a loved one	Pay it forward with a compliment or good deed	Wear something you've been afraid to
10	11	12	13	14	15	16
Do something that makes you feel like a kid again	Buy yourself some flowers	Write yourself a thank you letter	Do something your scared of	Learn 2 stress relieving pressure points	De-clutter your space	Do a halloween event (haunted house, corn maze, etc)
17	18	19	20	21	22	23
Read	Spend time alone	Disconnect from electronics for an hour	Do 30 min of simple yoga	Drink only water today	List 5 things that make you happy	Do a fun halloween photoshoot by yourself or with friends
24	25	26	27	28	29	30
Break down the things you are anxious about	list 5 goals for the next 5 months	Get up and stretch	Listen to your happy feel good playlist	Do a body scan	Take time to watch the sunset	Watch a Halloween movie
31						
Do something spooky!						

