

SEPTEMBER MENTAL HEALTH CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			Write down a list of your strengths	Make time for yourself	Give someone a compliment	Let loose and have a dance party to your favorite song/music
5	6	7	8	9	10	11
Go for a walk	Drink a glass of water first thing in the morning!	Try something new today	List 3 things you are thankful for	Have a healthy snack (i.e fruit, vegetable, nuts, etc.)	Dress up make yourself feel nice and go somewhere you want to go by yourself	De-clutter your place
12	13	14	15	16	17	18
Stretch for 10 minutes	Start a to do list	Check off one item from your to do list	Plan your next day	Engage in small acts of kindness	Do 1 thing that makes you feel good today	Do something outside
19	20	21	22	23	24	25
Disconnect from technology	Write your goal(s) for the week	Give yourself a compliment	Take a warm shower/bath	Celebrate an achievement/small win	Have a PJ day	Get together with a friend/facetime a friend or family
26	27	28	29	30		
Be active for 10 minutes	Schedule something fun	Keep a promise to yourself	Take a selfie in something that makes you feel good about yourself	List at least 2 things you learned this month		

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