#25DaysofWellness Challenge

**DAY 1:** Turn your phone off for 20 minutes today and spend that time going for a walk outside to enjoy nature.

**DAY 2:** Take time to focus on your breathing throughout the day. Listen to your body’s cues.

**DAY 3:** Focus on your senses today to help keep you in the moment. Spend an extra moment appreciating the smell of your coffee or the feeling of cool tile beneath your feet.

**DAY 4:** Start a gratitude journal and write three things you’re grateful for or proud of yourself for doing today—even if it’s just getting through the day or asking for support.

**DAY 5:** Today is about you. Prioritize yourself and your needs. Self-care isn’t selfish, it’s necessary!

**DAY 6:** Helping others can boost your own well-being. Reach out to a friend in need today and pay attention to how you feel afterward.

**DAY 7:** Set aside 25 minutes to work out today. Working out can help reduce your stress and feelings of anxiety and depression.

**DAY 8:** Listen to your inner voice today. The majority of the time is it supportive? Disparaging? Write these inner thoughts down—they will be important for tomorrow’s activity.

**DAY 9:** Now that you’ve written down your thoughts, when you have a negative one, try to catch it, challenge it, and change it. It’s not easy to change this pattern of behavior, but replacing your negative thought with a supportive or understanding one is a good first step.

**DAY 10:** Be aware of how you talk about mental illness. Avoid using words like “crazy” or “insane” as insults today and encourage friends to do the same.

**DAY 11:** Get involved in mental health advocacy where you live.

**DAY 12:** Research mental health legislation and contact your representatives on issues you feel strongly about.

**DAY 13:** Learn the symptoms of depression

**DAY 14:** Mental health and physical health have lots of connections. One is eating healthy! Try to eat a piece of fruit at every meal today.
**DAY 15:** Visit a farmer’s market in your community and stock up on fresh and local produce. The time outdoors is good for your mental health and so is the food!

**DAY 16:** Download a meditation app and take a few minutes to find a more relaxed and healthier state of mind.

**DAY 17:** Develop a consistent sleep routine. Try to go to bed at the same time every night and keep track of how many hours of sleep you’re getting.

**DAY 18:** Reach out to a friend. Stay in touch with loved ones. Schedule a lunch date or meet for coffee. Keeping up with friends helps to improve your mood.

**DAY 19:** Spend time with your pet. Taking care of a pet can have a calming influence on you and reduce stress.

**DAY 20:** You know that video that has made you belly laugh? Find it and watch it today. Laughter can reduce anxiety and decrease stress.

**DAY 21:** Reduce your caffeine intake, even by one cup. Reducing caffeine can help lower stress and allow you to get a better night’s sleep.

**DAY 22:** Color. Coloring channels your nervous energy and allows you to relax.

**DAY 23:** Write a thank you note or a letter to a friend or relative. Think of someone who has made a positive difference in your life and let them know!

**DAY 24:** Try to keep alcohol use to a minimum and avoid all drugs. Alcohol can negatively affect sleep and our mood. While it may provide a temporary mood boost, over time, alcohol can increase depression.

**DAY 25:** Check in on your mental health today by taking a quick, anonymous online screening at http://helpyourselfhelpothers.org