

31 Days of Mental Health Challenge

Stress Mindfulness Calendar

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|--|---|---|
| | 1 Sleep Make a commitment to good sleep hygiene. Our mental health is impacted by our sleep. | 2 Diet It is true that we are what we eat, and what we eat impacts our mental health. | 3 Exercise Motion means better moods and mental health. | 4 Cognitive Distortions Your brain processes 70,000 thoughts a day! Make sure they are more positive than negative. | 5 Journaling Writing down our thoughts and ideas can have a positive impact on mental health. | 6 Story Boarding Expressing yourself in artistic ways can be a way to improve mood, set an intention and more forward. |
| 7 Scented Candles Studies show that the olfactory sense is directly linked to the limbic system of the brain, which is connected to emotional regulation. | 8 STOP Sometimes we just need to STOP to help reduce the fight flight response. Even one minute of this can help. Stop. Take a breath. Observe. Proceed. | 9 Buddy System Having a buddy to help keep you on track with your good intentions has been shown to increase success. | 10 Let it R.A.I.N The benefit of RAIN will help you take care of yourself, body, mind and soul. Recognize what is happening. Allow it. Investigate it. Nurture yourself. | 11 Gratitude Studies show that practicing gratitude is good for your mood and mental health. | 12 Self Compassion Breaks If you are going through a rough patch, offer yourself a compassion break. Acknowledge the difficulty instead of avoiding how you feel. | 13 Sound Bath Loud sounds can stress the body and nervous system. Try a sound bath with gongs and tuning forks to wash over you and sooth the mind. |
| 14 Mental Cleansing When the mind gets cluttered with too many worries, it may be time for a mental cleansing using breathing, writing and visualization. | 15 Proper Medication Taking medication as prescribed can be helpful for your mental health. | 16 Emotional Intelligence (EQ) Emotional intelligence can be developed. It can improve your relationships and mental health. | 17 Reflection Time Looking back can be a way of gaining perspective, learning lessons, and moving forward. | 18 SMART Goals Being SMART about your goals will help you accomplish the things that are important to you. They should be Specific. Measurable. Achievable. Relevant. Timely. | 19 Yoga Yoga is an ancient practice of physical, mental and spiritual awareness designed to help reduce stress levels. | 20 Mood Music Studies show that music can have a positive impact on mood, blood pressure and heart rate. |
| 21 Box Breathing Tracing an image of a box in your mind, along with your breathing, can help sooth your mood and lower stress. | 22 Body Scan Scan your body to get in touch with how you are feeling in the moment. | 23 Writing as Narrative Medicine Writing helps us to understand what we are thinking. It can be a creative outlet as well. | 24 Affirmations Using positive affirmations can support your sense of self-worth and value. Read your positive affirmations every morning. | 25 Breathe and Repeat Learn a relaxing three-part breathing technique that works the belly, diaphragm and lungs. | 26 Mantras Mantras are soothing words that can calm us during difficult times. Choose words or phrases that you associate with a calm and soothing mood. | 27 Metta Meditation Metta means "loving kindness" and can be a healing and powerful practice. Offer loving phrases to yourself or someone else. |
| 28 Jin Shin Jyutsu Jin Shin Jyutsu is the art of releasing tensions in the body. | 29 No Snooze Button Stop hitting the snooze button. When we hit the snooze button, we condition our body to procrastinate. | 30 Nature Grow your mental health by being in nature. | 31 Singing You don't have to have a good voice to sing your favorite songs. Let your voice be heard because you are a wonderful human being. | | | |