



## Mental Wellness Challenge

Choose 1 or more to do today! (Repeats over the week are ok)

- Exercise
- Spend time with a friend virtually
- Turn off all electronics and social media by 8pm
- Help someone in your family or neighborhood
- Volunteer (maintain social distancing)
- Write down 3 things you are grateful for
- Make art
- Sing or play an instrument
- Spend 5 minutes doing a mindfulness exercise
- Eat some of these (unless allergic!): Leafy greens, walnuts, whole grains, fish, berries, yogurt
- Write down a goal you can accomplish this week and do it!
- Share how you feel with someone you trust
- Turn up the music you love and dance
- Get outside
- Read something new about how to support yourself, your team, or your tribe
- Read for pleasure (non-COVID related)
- Access a field trip virtually (museums, concerts)

