

10 Days to a Healthier YOU!

Call / FaceTime someone you love	Donate something you never use	Try a new Yoga routine	Read something for fun	Listen to your favourite music
Plan a healthy meal	Go to bed 30 minutes earlier	Practice a favourite hobby	Check in on a friend	Stretch for 10 minutes
Ask for help	List 3 countries you would like to visit some day	Try a new recipe	Clean out a cluttered space	Do one thing you've been putting off
Sit and watch the sunset	Find a positive podcast	Attend an online religious service	Wake up 30 minutes earlier	Take a social media break for the day
Drink only water today	Pamper yourself – paint your nails, take a bath, etc.	Compliment someone	Set a small goal for the week	Try a new workout
No complaint day!	Write a letter to send to a family member or friend	Make a to-do list	Colour something	Send a friendly text
Schedule a game night with family	Unfollow a negative social media account	Try 5 minutes of meditation	Have a phone-free night	Write down something good that happened
Watch a silly video	Create a mood-boosting playlist	Hug your pet or a family member	Try a new TikTok	Note one thing you're grateful for

Try a new mental health activity each day for 10 days! Get some ideas from the options above or incorporate your own strategies for a healthier YOU!

My 10-Day Mental Health Challenge

Day 1	Today I...	<input checked="" type="checkbox"/>
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Day 8		
Day 9		
Day 10		