



# MAY IS MENTAL HEALTH AWARENESS MONTH

## *Mental Health Challenge*

Do a deep breathing exercise.	Read for ten minutes.	Catch up with an old friend.	Clean out your closet.	Set a mini goal.
Listen to your favorite song from high school .	Compliment someone randomly.	FaceTime with your family.	Walk around the block.	Sit in the sun for ten minutes.
Watch a silly movie.	Learn to bake something new.	Try a 5 minute meditation.	Cook a healthy meal.	Organize your junk drawer.
Take a bath.	Unfollow Negativity on social media.	Drive somewhere to get a good view.	Watch the sunset.	Go to bed at 8pm.
Drink only water today.	Learn something new.	Do 30 minutes of yoga.	Cross off your to do list.	Write down what you are grateful for.
Say no to something you dont want in your life.	Ask for help.	Open up about something on your mind.	Plan your next trip.	Break out the crayon and colors a picture.