



DC PARENTS

Mental Health Month Challenge

#DCparentsmentalhealthmatters

Join the Challenge! Take pictures of yourself doing these self-care events during the month of May. Tag DBH on Facebook and Instagram using the above #.

The top three winners will receive wellness prizes. (Winners will be selected based on the highest number of completed activities or the first three to complete all activities.)

Do a breathing activity	Treat yourself to dessert	Hug your child/ children	Write three things that you are thankful for	Drink herbal tea
Block off some time to be alone	Create a dedicated recharging space	Add one person to your support system	Watch a funny movie	Declutter a space in your home
Eat lunch outside	Go on a Nature walk	Try a new exercise	Pause to smell a flower	Unplug for one hour
Write a positive affirmation for yourself	catch up with someone	color a picture	Do something nice for someone	Say "No" to something
Plant something	Ask for help with something	Plan and enjoy a family activity	Dance	Enjoy a Silly Movie

Post your photos and tag

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