



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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DEPARTMENT OF
BEHAVIORAL HEALTH

