

# **Mental Health Awareness Month**

## **Challenge Calendar**

### **by Maureen Clayton, LSCW**

This challenge is rooted in research by Dr. Nadine Burke Harris on healing dysregulated stress response systems. With so much uncertainty right now, this challenge is an excellent way to enhance resiliency skills and achieve a more grounded perspective. You are encouraged to join in by completing the daily activity and assessing how it makes you feel. Rate it on a scale from 1-10, with 10 being the best! Then, create a list of the most enjoyable activities so you can refer to it any time you need a boost! The beauty in this challenge is that you can do it by yourself, with your partner, or as a family.

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
					<b>1</b> Do something novel/try something new	<b>2</b> Meditate or practice mindfulness
<b>3</b> Cook a new or different meal	<b>4</b> Write a letter and mail to someone who may need a boost	<b>5</b> Download and play a new game on your phone that stimulates your thinking	<b>6</b> Exercise	<b>7</b> Call a friend	<b>8</b> Play a board game	<b>9</b> Spend time outside
<b>10</b> Take a bath or a long hot shower	<b>11</b> Draw or paint	<b>12</b> Explore a volunteer opportunity you would like to participate in	<b>13</b> Write a letter to yourself	<b>14</b> Do one task you have been putting off	<b>15</b> Take a 10 minute walk	<b>16</b> Make or buy a new dessert
<b>17</b> Read	<b>18</b> Practice deep breathing	<b>19</b> Get in bed one hour earlier than usual	<b>20</b> Do a random act of kindness	<b>21</b> Stretch	<b>22</b> Re-watch a favorite movie or TV show	<b>23</b> Nap
<b>24</b> De-clutter one room, closet, or drawer	<b>25</b> Listen to music or create a soothing music playlist	<b>26</b> Drink 8 glasses of water	<b>27</b> Color	<b>28</b> Send a positive or encouraging message to someone you work with	<b>29</b> Journal about this experience	<b>30</b> Learn a new skill
<b>31</b> Set personal mental health wellness goals for next month						