

# Recharge Week

# 31 DAY Mental Health Challenge.

Day 1

Write a list of 3 things you are grateful for.



Day 2

Go for a short walk.



Day 3

Practice positive affirmations:

- ▶ *I can. I will. End of story.*
- ▶ *I overcome fears by following my dreams.*
- ▶ *I choose to be happy and to love myself today.*
- ▶ *I will not compare myself to strangers on the internet.*
- ▶ *I am talented and intelligent.*

Day 4

Do 20 minutes of reading.



Day 5

Facetime or visit family.



Day 6

Cook your favourite meal.



Day 7

Have a phone-free night.



Day 8

Perform an act of kindness (pay for someone else's coffee, compliment a friend, text something nice to a loved one).

Day 9

Take a 60–90-minute nap.



Day 10

Listen to a podcast.



Day 11

Tidy your space (make your bed, tidy the floor, fold your laundry).

Day 12

Do a 30-minute workout.



Day 13

Drink more water.



Day 14

Take a warm bath.



Day 15

Buy yourself some flowers.



Day 16

Meditate.



Day 17

Stretch or do yoga.



Day 18

Write down your goals.



Day 19

Unfollow social media accounts that do not bring you joy.

Day 20

Try a new healthy recipe.



Day 21

Watch a TED Talk.



Day 22

Make a happy music playlist.



Day 23

Start journaling.



Day 24

Try a skincare routine.



Day 25

Give yourself a foot massage.



Day 26

Go to bed 30 minutes earlier.



Day 27

Lower your daily caffeine intake.



Day 28

Do something creative (draw, paint, DIY, etc.)



Day 29

Practice some deep breathing exercises.



Day 30

Go vegetarian or vegan for a day.



Day 31

Do something that makes you laugh (watch a funny video, go and watch a comedy show, watch a funny movie).