



























# Recharge Week

# 31 DAY Mental Health Challenge.

<p>Day 1</p> <p>Make a happy music playlist</p> 	<p>Day 2</p> <p>Have a social media free day</p> 	<p>Day 3</p> <p>Do 30 minutes of reading</p> 	<p>Day 4</p> <p>Tidy your space (make your bed, fold your laundry, do the dishes)</p>
<p>Day 5</p> <p>Try a new healthy recipe</p> 	<p>Day 6</p> <p>Do something creative (draw, paint, bake)</p> 	<p>Day 7</p> <p>Go to bed 30 minutes earlier</p> 	<p>Day 8</p> <p>Meditate for 10 minutes</p> 
<p>Day 9</p> <p>Listen to a podcast</p> 	<p>Day 10</p> <p>Perform an act of kindness (compliment a stranger, pay for someone else's coffee)</p>	<p>Day 11</p> <p>Do a 30-minute workout</p> 	<p>Day 12</p> <p>Drink 3L of water today</p> 
<p>Day 13</p> <p>Perform a stretching routine</p> 	<p>Day 14</p> <p>Unfollow social media accounts that do not bring you joy</p>	<p>Day 15</p> <p>Cook for your favourite meal for dinner</p> 	<p>Day 16</p> <p>Facetime or visit your family</p> 
<p>Day 17</p> <p>Text a friend you haven't spoken to for a while</p> 	<p>Day 18</p> <p>Take yourself on a solo date go see a movie have dinner out</p>	<p>Day 19</p> <p>Go for a short walk</p> 	<p>Day 20</p> <p>Write a list of 3 things you are grateful for</p> 
<p>Day 21</p> <p>Do some self-care</p> 	<p>Day 22</p> <p>Have less caffeine today</p> 	<p>Day 23</p> <p>Practice some deep breathing exercises</p> 	<p>Day 24</p> <p>Donate something you never use</p> 
<p>Day 25</p> <p>Cross an item off your to-do list</p> 	<p>Day 26</p> <p>Adopt a new habit</p> 	<p>Day 27</p> <p>Organise a catch-up with friends</p> 	<p>Day 28</p> <p>Learn something new</p> 
<p>Day 29</p> <p>Book a much-needed appointment (therapy, dentist, massage)</p>	<p>Day 30</p> <p>Watch a TED Talk</p> 	<p>Day 31</p> <p>Create a new morning routine and stick with it</p> 	<p>Challenge complete!</p> 