


# APRIL IS COUNSELING AWARENESS MONTH

## APRIL 2017

## 30 DAY MENTAL WELLNESS CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Set 2 goals you would like to achieve during this challenge
2 Go for a walk	3 Make a gratitude list of all the things you are thankful for in your life	4 Make all of your meals phone free today	5 Meditate for 5 minutes, focusing on your breathing	6 Clean out your email inbox	7 Be productive before using social media today	8 No Complaint Day
9 Spend 15 minutes in silence	10 Write down 3 things that went well today	11 Compliment a stranger	12 Write a letter to your future self with hopes and possible achievements	13 Drink more water today	14 Tell yourself what you like about yourself	15 Get outside today
16 Declutter your living space	17 Make an "energizing" playlist	18 Pay it forward - do something kind for someone else	19 Make a to-do list of things you can realistically complete today	20 Stretch or do yoga	21 Make a list of books that you would like to read in the future	22 Make a bucket list
23 Make a budget and schedule bill payments	24 Write about your happiest memory	25 Find an inspirational quote	26 Make a list of things you want to learn	27 Try to be assertive in your communication, use an "I" statement	28 Text an old friend	29 Make a list of things that help calm you down when you are upset
30 Notice your self-talk today and try to have a positive perspective						

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