

# 40-Day Mental Wellness Challenge

2020

So excited for you to take on this 40 day challenge! You got this!	<b>DAY 1</b> Write down 3 positive things that happened today	<b>DAY 2</b> Pick up the phone and call a friend (not text)	<b>DAY 3</b> Do a 30-min Housework Workout! Turn on some music, sweep, mop, or run/walk stairs	<b>DAY 4</b> Use a Process Compliment (praising their effort or strategy) to motivate someone else today!	<b>DAY 5</b> Do a moving mindfulness activity outside today, like walking or outdoor yoga	<b>DAY 6</b> Unplug from all electronic devices for an hour
<b>DAY 7</b> Spend 30 minutes removing physical clutter (i.e. organize your closet, countertops, or work space)	<b>DAY 8</b> Body Gratitude! Make a list of things you're happy your body can do	<b>DAY 9</b> Find a reason to smile or laugh! Read jokes, watch stand up, or talk to a humorous friend	<b>DAY 10</b> Set aside 1 hour to spend with someone you care about IRL	<b>DAY 11</b> Identify your top 3 values, and do something to nurture at least one of them today!	<b>DAY 12</b> Leaves on a Stream! For 5 minutes, imagine putting each of your thoughts on a cloud in the sky, practice not judging them	<b>DAY 13</b> Practice good sleep hygiene! Give yourself 1 hour to unwind slowly before bed
<b>DAY 14</b> Review a Pleasant Activities List and do at least one of them today!	<b>DAY 15</b> Make a S.M.A.R.T. goal! (Specific, measurable, assignable, realistic, time-limited)	<b>DAY 16</b> Do a 24-hour social media fast (don't post or check your accounts today!)	<b>DAY 17</b> Create a values playlist! Find 10 songs that reflect your top values and listen to the playlist when you exercise, work, or run errands	<b>DAY 18</b> Random Acts of Kindness! Smile at 5 strangers today	<b>DAY 19</b> Learn a new skill! Decide what you'd like to learn and commit at least 1 hour of spare time a week to it.	<b>DAY 20</b> Exercise your mind (i.e. work on jigsaw puzzles, sudoku, crosswords, Lumosity)
<b>DAY 21</b> Create a zen space in your home (candles, weighted blanket, comforting reads)	<b>DAY 22</b> Use a Positive "No" Today! Say no confidently to unwanted requests	<b>DAY 23</b> Reduce Stress Through Breathwork! Inhale to a count of 4, hold for 4, exhale for 4, and hold for 4. Repeat.	<b>DAY 24</b> Develop Awareness of Your Thoughts! Set your alarm for 3 times today (9 am, 12 noon, 3 pm) and when it goes off, jot down your thoughts on a card.	<b>DAY 25</b> Engage in a creative outlet (i.e. journal, color, dance, sing, knit, collage, draw, cook!)	<b>DAY 26</b> Start a healthy habit today (drink 8 glasses of water, make your bed when you wake up, read recreationally)	<b>DAY 27</b> Practice Loving-Kindness Meditation! Think, "May you be happy, healthy, and safe" to a loved one, someone who is challenging, and finally to yourself
<b>DAY 28</b> Hug someone you love for 20 seconds! That's how long it takes for the oxytocin (the bonding chemical) to kick in according to research.	<b>DAY 29</b> Boost your mood with food (i.e. eat some fresh fruits, nuts, and/or fatty fish rich in Omega-3s)	<b>DAY 30</b> Make a worry box! When you have a recurring worry, jot it down on a piece of paper, drop it in the box, and turn your attention elsewhere.	<b>DAY 31</b> Expand your knowledge! Research an interesting topic and tell someone what you learned	<b>DAY 32</b> Volunteer your time and energy to help someone else today! It can be as simple as bringing a friend coffee on a busy morning.	<b>DAY 33</b> Practice Defusion! Recognize negative thoughts may or may not be true. Let the thoughts come and go instead of holding on to them, and don't let them dictate what you feel or do	<b>DAY 34</b> Gratitude Letter! Write a letter of appreciation to a loved one and read it to them
<b>DAY 35</b> Ask someone to help you with a project or task. Don't apologize for "burdening" them, just graciously say "thank you"!	<b>DAY 36</b> Bolster Resilience! Write down 3 adversities you've overcome to celebrate your ability to meet challenges	<b>DAY 37</b> Pamper Yourself Today! Splurge for a spa treatment, stay in your robe, bake a sweet treat for yourself	<b>DAY 38</b> Eat mindfully! Have a meal with no distractions, chew slowly, and savor your food	<b>DAY 39</b> Strike a Power Pose! Stand or sit in a posture that you mentally associate with being strong for 2 minutes to increase confidence.	<b>DAY 40</b> Plan your next getaway! Enjoy thinking through the details, where to go, what you'll do, and write down your ideas!	How did you do? Let me know @drjudyho on Instagram!

Created by Dr. Judy Ho | @drjudyho | www.drjudyho.com