

40-Day Mental Wellness Challenge

3. Adaptive Coping

5. Gratitude and awe

7. High-quality Connections

2021

8 Keys of Wellness

1. Awareness/Mindfulness

2. Creating Meaning

4. Self-Compassion

6. Positive Experiences

8. Re-establishing Control

So excited for you to take on this 40 day challenge! You got this!	DAY 1 When you wake up, say out loud (or write down) one thing you're thankful for.	DAY 2 Pick up the phone and call a friend (not text), and ask them how they're doing.	DAY 3 Do a 30-min Household Workout! Turn on some music, sweep, mop, or run/walk stairs.	DAY 4 Use a Process Compliment (praising their effort or strategy) to motivate someone else today!	DAY 5 Do a moving mindfulness activity outside today, like walking, hiking, or outdoor yoga.	DAY 6 Unplug from all electronic devices for two hours.
DAY 7 Set a timer and spend 30 minutes removing physical clutter from a small space (i.e. organize your closet, countertops, or work space)	DAY 8 Body Gratitude! Make a list of things you're happy your body can do.	DAY 9 Find a reason to smile or laugh! Read jokes, watch stand up, or talk to a humorous friend	DAY 10 Do 2 things from the Pleasant Activities List today (download at drjudyho.com).	DAY 11 Identify your top 3 values, and do something to nurture at least one of them today!	DAY 12 Leaves on a Stream! For 5 minutes, imagine putting each of your thoughts on a cloud in the sky, practice not judging them	DAY 13 Practice good sleep hygiene! Give yourself 1 hour to unwind slowly before bed.
DAY 14 Take 1 hour to learn something new today (read, watch a video, learn a skill).	DAY 15 Make a S.M.A.R.T. goal! (Specific, measurable, assignable, realistic, time-limited)	DAY 16 Do a 24-hour social media fast (don't post or check your accounts today!)	DAY 17 Create a values playlist! Find 10 songs that reflect your top values and listen to the playlist when you exercise, work, or run errands	DAY 18 Practice self-compassion by forgiving yourself for a recent mistake you made.	DAY 19 Try not to speak negatively about another person today (such as gossiping and criticizing).	DAY 20 Exercise your mind (i.e. work on jigsaw puzzles, sudoku, crosswords, Lumosity)
DAY 21 Create a zen space in your home (candles, weighted blanket, comforting reads)	DAY 22 Use a Positive "No" Today! Say no confidently to unwanted requests.	DAY 23 Reduce Stress Through Breathwork! Inhale to a count of 4, hold for 4, exhale for 4, and hold for 4. Repeat.	DAY 24 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.	DAY 25 Do something creative for 1 hour today (i.e. journal, color, dance, sing, knit, collage, draw, cook).	DAY 26 Start a healthy habit today (drink 8 glasses of water, make your bed when you wake up, read recreationally).	DAY 27 Practice Loving-Kindness Meditation! Think, "May you be happy, healthy, and safe" to a loved one, someone who is challenging, and finally to yourself
Day 28 Create "if... then" statements for situations that trigger bad habits so you're ready when they happen (e.g., "If I tell myself I am too tired to exercise, I'll start with just 5 minutes of stretches").	DAY 29 Boost your mood with food (i.e. eat some fresh fruits, nuts, a piece of dark chocolate, and/or fatty fish rich in Omega-3s)	DAY 30 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.	DAY 31 List what you can control v. what you can't, and promise to do one thing you can control today to feel more empowered.	DAY 32 Volunteer your time and energy to help someone else today! It can be as simple as bringing a friend coffee on a busy morning or offering to help with a household chore.	DAY 33 Practice Defusion using the Labeling technique! Add this clause in front of your negative thought - "I'm having the thought that..." This helps to remind you that a thought is just a mental event, and does not	DAY 34 Take a mental vacation! Set a timer for 10 minutes and visualize a place that holds special memories for you. Try to engage your 5 senses in your visualization.
DAY 35 Ask someone to help you with a project or task. Don't apologize for "burdening" them, just graciously say "thank you"!	DAY 36 Bolster Resilience! Write down the adaptive coping skills you've used to overcome a recent adversity.	DAY 37 Pamper Yourself Today! Splurge for a spa treatment, stay in your robe, bake a sweet treat for yourself	DAY 38 Eat mindfully! Have a meal with no distractions, use your fancy plates/silverware, chew slowly, and savor your food	DAY 39 Strike a Power Pose! Stand or sit in a posture that you mentally associate with being strong for 2 minutes to increase confidence.	DAY 40 Gratitude Letter! Write a letter of appreciation to a loved one and read it to them by phone or in person.	How did you do? Let me know @drjudyho on Instagram!

Created by Dr. Judy Ho

A note from Dr. Judy

- Each of these 8 keys of mental health wellness are selected because they are shown in research and practice to help bolster your well-being. Each of the activities listed above hit at least 2-3 of these 8 keys!
1. Awareness and mindfulness to thoughts and feelings: Being able to attend to both your internal (thoughts, emotions, memories) and external (situations, events) experiences with curiosity and without judgment.
 2. Creating Meaning: Connecting to your higher values and what's truly important (i.e., can't be checked off a to-do list) and making sure you do something in service of these top values each day.
 3. Adaptive Coping: Using effective coping strategies that don't involve avoidance coping (e.g., alcohol, too much video games/internet) that don't create more problems down the line.
 4. Self-Compassion: Practicing kindness on yourself by creating balanced thoughts, not over-criticizing yourself as a means to motivate (because this doesn't work!), and taking good care of yourself when you're stressed.
 5. Gratitude and Awe: Taking the time to appreciate the good, however small, each day, to create hopefulness, increase creative thinking, and improve mood.
 6. Positive Experiences: Creating small moments every day where you can be exposed to positive events, people, feelings, and situations that can then be used to challenge negative thinking and improve resilience.
 7. High-Quality Connections: Aiming for quality, not quantity, in your social interactions and reduce loneliness by creating meaningful ways to spend time with important people in your life without distractions.
 8. Re-establishing Control: Reduce overwhelm and organize your thinking by prioritizing things that you have control to change for the better in your life and taking a step towards that daily to improve confidence.