



30-Day Mental Health Challenge

Good health isn't just about getting exercise or eating your vegetables. A healthy lifestyle often starts from the head down. Whether you're struggling with anxiety, pushing through depression, or just want to feel better, you can take small steps to find balance.

Your mission: Try a **mental wellness activity once a day for 30 days**. Use the guide below to help you!

Note: *The activities below are meant to help you learn new ways to explore and improve your mental wellbeing. If you feel you could use more help with your mental health, reach out to a licensed counsellor for support*



Check off all the days you were able to try a mental wellness activity.

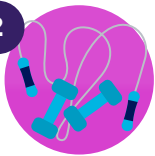
Click the squares on the left side of each day, or print this out and fill them in by hand.

1



To begin, let's start with a check-in. How are you feeling today? **Write it down**. It could be as simple as one word: "Happy," "Bored," "Stressed," etc. Or it could be more descriptive. Jot down what you feel and what's making you feel that way. Keep this note for yourself. We'll come back to it!

2



Today's suggested activity is to learn about **the link between exercise and mental health**. You might be surprised to see how our bodies and minds are connected!

3



Now that you know the importance of exercise for your mental wellbeing, let's get moving. Read up on **walking for fitness** and enjoy a nice stroll today.

4



The old saying "You are what you eat" has some truth to it! When you eat healthy foods, it's easier for your brain to function in a healthy way. Check our **Balanced Plate** model to learn what kinds of foods can help support your health goals. Then enjoy a Balanced Plate meal today.

5



Stress is natural. It comes up for everyone. And we'll always have some level of stress in life. The key is to identify it and work through it in a healthy way. Today, let's learn about **recognizing and managing stress**.

6



How much sleep are you getting? If you're like most adults, the answer is probably "Not as much as I'd like." Learn all about **the link between sleep and mental health**, and aim for a solid 7-9 hours of sleep tonight.

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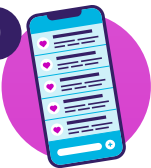
Rolling out of bed can set the tone for the whole day. So let's explore **how to start your day the healthy way**. Try some of these simple steps so you can wake up refreshed and energized.

8



Check-in time! Remember how you wrote down how you felt on Day 1 of this Challenge? Let's do it again. How do you feel today? Is it the same as it was a week ago, or has it shifted? **Write down** how you're feeling and what's making you feel that way. Keep this note!

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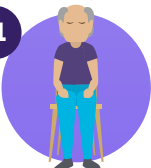
Creating a daily gratitude practice can really lift your spirits. It's a great way to soothe anxiety and lighten your mood. And it's also a great way to appreciate the good things in your life. Give it a try today and see how it feels.

10



Do you think of yourself as a nervous person? Do people describe you as "a worrier" or "tightly wound"? These are very common and could be a good prompt to check in on your emotional state. Here's a helpful article about **how to identify and manage anxiety**.

11



Take a moment today to listen to your body. Follow along with this **soothing body scan meditation** to relax and refocus.

12



Grazing mindlessly on snacks. Reaching for a treat after a hard day. Celebrating a win with sweets. These are common and not bad once in a while! But emotional eating can become a problem when we start to rely on food to process our feelings. Here's an article on **how to break free from emotional eating**.

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Depression can take many different forms. For some, it looks like having trouble getting out of bed. For others, it can feel like "foggy" thoughts or mindlessly going through the motions of the day. Learn **how to identify and manage depression** if it ever comes up for you.

14



Emotional wellness is for everybody. But data shows that ethnic and/or racial minorities face unique challenges and stressors. Here are some helpful resources for **minority mental health** and a few helpful insights for people of colour.

15



Time for another check-in! **Write down** how you're feeling today and write down your best guess as to why you feel that way. How do your feelings today compare to your check-ins on Day 1 and Day 8? Is anything changing for you lately? Hang onto this note for later.

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You're past the halfway marker! What have you learned? What's going well? What's not quite working? **Make a note** of which activities have worked best for you so far. Keep practising them over time!

17



Do your worries follow you to bed? Here are **5 bedtime journalling prompts** to ease your mind before you sleep. Try one of them tonight and see how it feels.

18



While you're focused on sleep, let's explore how you can get even deeper, better slumber. Learn how to **fall asleep faster and stay asleep longer**. Then put it into practice tonight as you try for 7-9 hours of good rest!

19



Caring for our mental health can be tough when we also care for others. Children, clients, employees, and adult dependents might rely on us for support. Here are some expert **self-care tips for caregivers**.

20



Eating with intention isn't just good for your body. It's also a great way to support your mental wellness – and to avoid emotional eating.

21



In this challenge, you've learned some ideas that help with preventing stress. But how about **relieving stress in the moment**? This article will teach you how to do just that.

22



Let's do another check-in. How do you feel today? And why? **Write it down**. Then see how it compares to how you felt in your last three check-ins. Do you notice any trends? Or is each day completely unique? Keep this note handy for next week.

23



Managing grief can be difficult. But healing is a huge part of everyone's mental health. If you're dealing with a big change or loss, use the steps from our article to help you along the way. And if you haven't already, consider reaching out to a licensed therapist for support.

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The internet can help us feel more connected to others around the world. Unfortunately, it can also make us feel less connected to our loved ones. Here are some simple ways to **stay connected outside of social media**.

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"Just smile through it!" "It's not that bad." "Don't think about it." "Could always be worse, right?" These sayings might sound supportive. But they can make it harder to accept our struggles and process them. Learn the difference between **toxic positivity vs. helpful caring**.

26



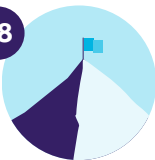
Post-traumatic stress disorder is common among military veterans and those who survived abuse. But did you know it's also unfortunately common in many others? **Managing PTSD** can be challenging. But with the right support, it is possible to live a happier, more adjusted life!

27



Mindfulness meditation is a powerful way to calm your mind and relax your body. And if you practice it often, it can even help keep your stress levels lower. Give it a try today.

28



Sometimes we can all use a target to aim for. So, let's try a quick exercise. Give yourself hope and clarity by **visualizing your best self**.

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We've come to the last check-in! You know what to do. **Write down** how you're feeling today. And write down what's making you feel that way. Then, look at all the check-ins you've kept over the past month. What trends do you notice? What story do these notes tell?

30



Congrats! You've made it to the end of the challenge. Well done! Finish strong by celebrating your hard work. **Reward yourself** with something healthy and delightful. And keep up the good work! Take a moment each day to check in, reflect, and treat yourself well.