

## 31 DAY MENTAL HEALTH CHALLENGE FOR MAY

| Sun  | Mon   | Tue   | Wed  | Thu   | Fri   | Sat  |
|--|---|---|--|---|---|--|
|  |   |   |  |   |   | <b>1 STRESS FREE SATURDAY</b><br><br><i>Listen to your favorite song to take your mind off of everything else.</i>                         |
| <b>2 SLEEP WELL SUNDAY</b><br><br><i>Get to bed! Youth ages 6-13 need 9-11 hours of sleep and youth 14-17 need 8-10 hours of sleep.</i>                                      | <b>3 MINDFUL MONDAY</b><br><br><i>Sit quietly for 3 minutes and write a list of all of the things that make you happy.</i>  | <b>4 TASTY TUESDAY</b><br><br><i>Fill half of your plate with fruits and veggies at each meal.</i>  | <b>5 WELLNESS WEDNESDAY</b><br><br><i>Replace your sports drink, juice, soda or other sugary drink with water today.</i>                                     | <b>6 THOUGHTFUL THURSDAY</b><br><br><i>Ask someone to tell you something special about themselves</i>                     | <b>7 FITNESS FRIDAY</b><br><br><i>Walking is great for your bones and overall health! Take a 20 minute walk with a friend or family member.</i>   | <b>8 STRESS FREE SATURDAY</b><br><br><i>Go outside and find 5 things that make you smile.</i>  |
| <b>9 SLEEP WELL SUNDAY</b><br><br><i>Turn off the computer, tv and cell phones - the lights and sounds confuse your mind into thinking that it's still time to be awake.</i> | <b>10 MINDFUL MONDAY</b><br><br><i>Say thank you to all of the people who work for you like your parents, teachers, crossing guard, bus driver, lunch aides, coaches and everyone!</i>            | <b>11 TASTY TUESDAY</b><br><br><i>Use <a href="http://www.myplate.gov">www.myplate.gov</a> to plan a family meal today and eat together as a family as often as possible.</i> | <b>12 WELLNESS WEDNESDAY</b><br><br><i>Go outside and jump rope, bounce on a Pogo stick, play Hopscotch, twirl a HulaHoop or swing on a jungle gym.</i>      | <b>13 THOUGHTFUL THURSDAY</b><br><br><i>Tell someone why you are grateful to know him or her.</i>                         | <b>14 FITNESS FRIDAY</b><br><br><i>Gardening is a great way to keep your body moving. Plant a garden to grow healthy things that you can eat.</i> | <b>15 STRESS FREE SATURDAY</b><br><br><i>Grab your crayons, coloring book and go sit outside and color a page or draw your own design.</i> |
| <b>16 SLEEP WELL SUNDAY</b><br><br><i>Go to bed and wake up at the same time every day. This helps to keep your body's natural rhythms running on schedule.</i>              | <b>17 MINDFUL MONDAY</b><br><br><i>Sit for 60 seconds and focus solely on your breathing – inhale slowly through your nose and blow out slowly through your lips.</i>                             | <b>18 TASTY TUESDAY</b><br><br><i>Try something new! Taste a new fruit or veggie. Keep trying as your taste buds change as you grow.</i>                                      | <b>19 WELLNESS WEDNESDAY</b><br><br><i>Download and complete a Family Health History form. Learn the signs and symptoms of the illnesses in your family.</i> | <b>20 THOUGHTFUL THURSDAY</b><br><br><i>Help your neighbors by collecting things to donate to your local food pantry.</i> | <b>21 FITNESS FRIDAY</b><br><br><i>Try a new activity that gets you moving like yoga, frisbee, jump rope, bike riding or bowling.</i>             | <b>22 STRESS FREE SATURDAY</b><br><br><i>Turn off the TV, put down the phones and play a board game or do a puzzle.</i>                    |
| <b>23 SLEEP WELL SUNDAY</b><br><br><i>Read a few pages from a book before bed.</i>   | <b>24 MINDFUL MONDAY</b><br><br><i>Write yourself an encouraging note</i>   | <b>25 TASTY TUESDAY</b><br><br><i>Eat a rainbow of 7 fruits and veggies.</i>  | <b>26 WELLNESS WEDNESDAY</b><br><br><i>Walk to school!</i>   | <b>27 THOUGHTFUL THURSDAY</b><br><br><i>Say something kind to someone.</i>  | <b>28 FITNESS FRIDAY</b><br><br><i>Ditch the video games, turn the TV off and go outside to play.</i>   | <b>29 STRESS FREE SATURDAY</b><br><br><i>Eat a meal outside</i>  |
| <b>30 SLEEP WELL SUNDAY</b><br><br><i>Don't eat right before going to bed – it can mess up your belly and send a message to your brain that it's still awake time.</i>       | <b>31 MINDFUL MONDAY</b><br><br><i>Write "I Can ..." across the top of a sheet of paper then list the things you do to deal with stuff that makes you upset, keep the list and read it often.</i> |   |  |   |   |  |