

Dancing Through The Rain

30 Day Mental Health Challenge

1. Tell yourself you are awesome
2. Make your favorite beverage
3. Look for cloud shapes
4. Clean out a bin or cabinet
5. Try to cook something new
6. Replace your toothbrush
7. Text a joke to a friend
8. Take 10 deep breaths
9. Play a board game
10. Color with crayons or markers
11. Watch a new movie
12. Wear pajama pants all day
13. Do something for someone else
14. Brush your hair 30 strokes
15. Listen to your favorite song
16. Light some candles
17. Read a book
18. Play card games
19. Call a friend
20. Buy yourself a treat
21. Bake cookies
22. Watch a musical
23. Paint your nails
24. Love on your pet
25. Go for a walk
26. Eat dinner outside
27. Sing a song
28. Take a bath
29. Hug someone
30. Do a puzzle