NAMI Greater Toledo
National Alliance on Mental Illness

30 IDEAS FOR A MONTH OF FOCUSING ON YOUR MENTAL HEALTH

Day 1 Go for a walk in nature	**Day 2** Bake a treat and share with friends	**Day 3** Write down 5 things you like about yourself	**Day 4** Declutter your closet	**Day 5** Wash your sheets
Day 6 Listen to a new podcast	**Day 7** Send a photo or article to a friend that you think they'll like	**Day 8** Watch a relaxing or entertaining movie	**Day 9** Eat a healthy snack	**Day 10** Stretch for 10 minutes or more
Day 11 Stay well-hydrated for the whole day	**Day 12** Listen to your favorite band or musical artist	**Day 13** Read a calming book before going to bed	**Day 14** Exercise - throw a football, walk your dog, etc.	**Day 15** Spend time outside to get some Vitamin D
Day 16 Write down 5 things you're grateful for	**Day 17** Get 7+ hours of sleep	**Day 18** 2 hours of device-free time before bed	**Day 19** Call a friend or loved one	**Day 20** Create a piece of art
Day 21 Spend 5 minutes just breathing	**Day 22** Have a dance party at home	**Day 23** Donate to a cause you care about - even $1 counts!	**Day 24** Volunteer or do a random act of kindness	**Day 25** Clean a room of your home
Day 26 Celebrate a small win	**Day 27** Take a bath or shower to relax	**Day 28** Do one thing that you loved as a kid	**Day 29** Make a list of your short and long term goals	**Day 30** Play a game