

MENTAL HEALTH MONTH WELLNESS CHALLENGE



1
Cut caffeine out by 3 p.m. to help sleep better at night.

2
Pick a book to read this month (audiobook and graphic novels count too!).

3
Acknowledge one good thing that happened today.

4
Reach out to someone you haven't spoken to in a while (an old friend, neighbour, or relative).

5
Learn how to talk about mental illness:

www.mentalhealthweek.ca

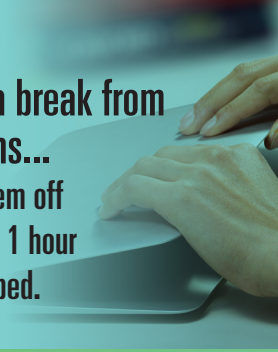
6
Write tests and due dates on a calendar. Be prepared early!

7
Get some fresh air and go for a walk. See if a friend can come too!

8
Find 3 things that you no longer use. Sell, donate, or give them to a friend in need.

9
Feeling stressed?
Talk it out with someone you trust.

10
Take a break from screens...
shut them off at least 1 hour before bed.



11
Set a timer for 15 minutes and see how much cleaning you can do.

12
Substitute a sugary drink for water.

13
Anxious? Dance it out! Play a party song and get those endorphins pumping!

14
Have a laugh. Watch a comedy special, funny movie, or a "Try not to laugh challenge" on YouTube.

15
Plan a meal this week, and make or help prepare it.

16
Spring clean your social media! Unfollow any negative accounts.

17
Try yoga!
Find a class or a YouTube video and focus on your breathing.

18
Take 10 deep breaths before bed (or when you need to relax).

19
Write a "just because card" for a friend or family member and tell them why you appreciate them.

20
Add some fruit to your water. Stay hydrated!



21
Eat a meal with others and be present. **No screens allowed!**

22
Try a new hobby (colouring, running, gardening) anything that sparks your interest!

23
Pay it forward with a random act of kindness.

24
Eat something green with every meal today.

25
Share your favourite song with a friend and ask them to share theirs too.



26
Go to bed 30 minutes earlier than usual. Try an eye mask to make it as dark as possible.

27
Challenge yourself to try a new type of workout on YouTube!

28
Tackle a task you have been putting off for a long time.

29
Find a place outside (a park or trail) turn off your phone and sit or walk for 30 minutes and pay attention to your surroundings.



30
Try a new food today! Bonus if it's a new type of fruit or vegetable!

31
Compliment a friend or share something about them that you appreciate.



Follow the daily healthy activities to help give your day a boost of energy.

WELCOME TO THE MENTAL HEALTH MONTH WELLNESS CHALLENGE!

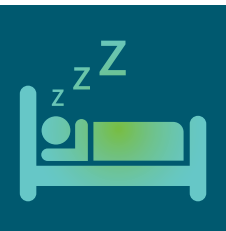


Challenge yourself to complete the daily healthy activities to give your day a boost of energy. You can follow the activities with your class, with your family and friends, or on your own – there is something for everyone. The calendar might include some activities that are new to you – don't be scared to try them! Trying new things is exciting, and might help you find something that you love and makes you feel good.

The daily activities will...

- Promote physical activity to improve your mental health and decrease anxiety
- Encourage you to go outside and enjoy the outdoors – get some sunshine
- Remind you to keep connected to people you love – it's important for happiness
- Promote healthy habits like getting enough sleep, eating nutritious food, and spending quality time with friends and family
- Help you discover new activities that you enjoy!

QUICK WELLNESS TIPS



Get enough sleep everyday Turn off screens 1 hour before bed time.

Stay hydrated Drink water throughout the day.



Keep your body energized Don't skip breakfast.



Move your body each day with activities you enjoy! Run, jump, play, stretch!



Find more information to help boost your health by visiting:
Canada's Food Guide <https://food-guide.canada.ca/en>
ParticipAction <https://www.participaction.com/en-ca>
Kids Help Phone <https://kidshelpphone.ca> Click on **Get Info**