

May

Mental Wellness

31-DAY CHALLENGE

with Brittney Moses

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

The goal of this 31 Day Mental Wellness Challenge is to take on a holistic mind, body, spirit approach of nurturing our overall mental health. Some days will touch on physical health and nutrition, some will touch on social health and connection, others will touch on boundaries and mindset.

1
Take a 20 minute mindful walk outdoors

2
Commit to reach out and check-in with a loved one today

3 Add more leafy greens to your meals today (rich in nutrients like vitamin K, folate, and beta carotene for brain health & cognition)

4 Fuel your faith: start your day with a sermon, podcast, scripture reading or Audiobook that edifies your soul.

5 Commit to single-tasking by being fully present with one task at a time

6 Eat all of your meals screen free

7 Make a list of the areas in your life where you'd like to begin having better boundaries

8 Disconnect from electronics 1 hour after waking up and 1 hour before bed

9 Spend 15 minutes decluttering your room/work space

10 Make a list of the things out of your control that you're surrendering to God today

11 Let 5 people know why you appreciate them today

12 Devote at least 20 minutes to movement today (stretch, exercise, dance, etc)

13 Picture your ideal bedtime routine and wind down intentionally tonight

14 Pause and celebrate a small victory this week

15 Make a list of 7 things that you're grateful to God for today

16 Decide how you're going to choose to interact with or limit social media today

17 Visualize how you're going to intentionally move through the day in front of you

18 Set aside an hour for something that brings you joy today

19 Schedule your next friend date

20 Add a rich source of Omega-3 to your meal today (such as avocado, salmon & fatty fish, walnuts: omega-3's are healthy fatty-acids that are a major building block for the brain)

21 Take a break from your screen for at least 15 minutes of sunshine and/or fresh air

22 Do one thing that will nurture your body today: a long warm bath/shower or skincare routine.

23 Watch the sunset today. Reflect on what God is teaching you in this season of life.

24 Keep water nearby to help stay hydrated. (75% of your brain is made up of water. Dehydration can slow down brain functioning, cognition, attention and focus)

25 Write down a scripture that you're holding onto this week and place it somewhere visible

26 Try to go to bed and wake up around the same time each day this week to get on a sleep cycle.

27 Identify one negative thought you've been struggling with lately and write down 2 other ways to see the situation.

28 Practice giving your complete and undivided attention to those you speak with today

29 Unplug from the internet for the evening

30 Write a letter of encouragement to your future self (to open on a hard day)

31 Make a list of memories and answered prayers that remind you of God's faithfulness



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