

# MAY

## 31-DAY MENTAL HEALTH CHALLENGE



MAY 2-6, 2022

### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

1 Take a self-test for [depression and anxiety](#), [burnout](#), and/or [happiness](#) and start a well-being plan.

2 Do one [walking meeting](#) today.

3 Try out 10 minutes of [loving-kindness meditation](#).

4 Read about [PERMA](#), take the [Workplace PERMA self-test](#), and pick one thing to improve at work.

5 Make [gratitude](#) today's theme. Use [IWIL's e-card form](#) to easily send thank you notes to two people.

6 Create a [music play list](#) to listen to throughout the day to boost your mood and relieve stress.

7 Spend time in [nature](#). Use all of your senses while [cultivating awe](#).

8 Plan a [healthy meal](#). Set a special table to enjoy it.

9 Consider how you make things harder for yourself. How can you reign that in?

10 Do 3 [acts of kindness](#), including for important people in your life or strangers.

11 Ask for help with something.

12 If you're frustrated with your level of mental health, [practice self-compassion](#) today.

13 It's Friday the 13th! Practice noticing and [labeling your emotions](#).

14 [Write for 20 minutes](#) about something that's important to you.

15 Have a [technology-free](#) meal with family or friends.

16 [Pick one positive emotion](#) and practice it all week.

17 What's one healthy boundary you can set today?

18 Try out a new technique or coping skill [for stress relief](#).

19 If you're facing a bout of anxiety, try [saying to yourself, "I'm excited" rather than "calm down."](#)

20 Check in with how you're feeling and consider whether you could use a [mental health day](#).

21 Practice [self-care](#) today. What will you do?

22 Watch this 4-min [empathy-boosting video](#) and consider how to show more [empathy](#) in the upcoming week.

23 Connect with a [friend](#).

24 If feeling stressed out, try taking a [self-compassion break](#).

25 What's one thing you can do to better manage [email anxiety](#)?

26 Look for ways to [capitalize on others' good news](#) to strengthen bonds at home and work.

27 Schedule [something fun or that matters to you](#) and do it.

28 Do something [creative](#).

29 Try out a new type of [physical activity](#) that can boost mental health.

30 What one thing can you do today to enhance your mental health?

31 Reflect on what went well during the Mental Health Challenge and what to keep doing.

"People who learn to control inner experience will be able to determine the quality of their lives, which is as close as any of us can come to being happy."  
– Mihaly Csikszentmihalyi