

MAY

31-DAY MENTAL HEALTH CHALLENGE



MAY 1-5, 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Join IWIL's "[Moving Together](#)" Webinar to celebrate the WWIL Monday theme of physical well-being.

2 Watch this video on [the new science of awe](#), to align with WWIL's Tuesday theme of spiritual well-being.

3 "What are your strengths, values, preferences at work? Try out this [Job Crafting exercise](#) in honor of Wednesday's WWIL Career well-being theme.

4 Thursday's WWIL theme is social well-being. Join IWIL as we welcome Dr. Marisa Franco, friendship and belonging expert to learn about [the science of friendship](#).

5 Do something fun! [Share with us](#) how you have participated in WWIL?

6 Start a [well-being journal](#) - journaling is a good mindfulness practice that helps you process things that happened that day and regulate your emotions.

7 Get the "[Helper's High](#)" by volunteering for one of your favorite causes.

8 Ask your HR Department about your available benefits. See if engaging with a Health or Wellness Coach is available to you.

9 Make Gratitude today's theme. Send an email or text to a colleague or friend.

10 Check out the [Lawyer's Depression Project](#) and follow them on Linked In. They offer resources for all legal professionals.

11 Tired of plain old small talk and want to have deeper social connections? Try one of [these questions](#) for more meaningful conversations.

12 Set a [healthy boundary](#) today.

13 Spend quality time with [friends](#) today.

14 If [one act of kindness](#) can change your life, try two or three.

15 Plan a special healthy meal and use your best china and glassware to enjoy it.

16 Add [meditation](#) to your daily routine. Try the Tibetan way of "short moments, many times" if sitting for a long meditation seems overwhelming.

17 Learn how you can [stop overthinking](#) things and reduce your anxiety.

18 Grab a friend and try out a new activity - like [Pickleball](#), the fastest growing sport!

19 Watch one (or more!) of [these TED talks](#) to learn how to talk about your feelings

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

21 Check out these [mocktail recipes](#) for your Spring brunch gathering.

22 Incorporate one or more of [these exercises](#) into your routine.

23 Find out how [Breathwork](#) can help improve your well-being in many different ways.

24 Try a new [stress management technique](#).

25 Host a [walking meeting](#).

26 Pick a [positive emotion](#) to focus on this weekend.

27 [Spend time in nature](#). People with good nature connectedness tend to be happier.

28 Create a [vision board](#). You're 1.2 to 1.4 times more likely to achieve your goal if you commit to it in writing.

29 [Honor](#) someone who you have lost in your life

30 Blast your "walk up song" when you start your work day. Don't have one? [Here's how to find yours](#).

31 Reflect on what went well during this challenge.

"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