

MENTAL HEALTH CHALLENGE FOR THE MONTH OF MAY

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Week One

1. Mediate for 5 minutes
2. Write down positive affirmations

3. Create a list of effective coping mechanisms

4. Intentionally schedule in “me time” for at least one day out of the week
5. Get active

Week Two

1. Eat clean
2. Reach out to someone you have not made contact with in a while

3. Ask for help
4. Take a break
5. Have fun

6. Journal your gratitude
7. Rest up

Week Three

1. Try something new
2. Smile for no reason

3. Spa day
4. Furry buddies
5. Practice mindfulness

6. Write thank you notes to the people in your life you appreciate
7. No technology

Week Four

1. Spend time with your friends and family
2. Enjoy mother nature

3. Soak up the sun
4. Read a good book
5. Talk about your feelings with someone

6. Clean out your closet
7. Make care packages for your love ones

Week Five

1. List the good things in your life
2. Get creative

3. Go see a movie by yourself

4. Engage in a breathing exercise
5. Check in with yourself