WEEKLY MENTAL HEALTH CHALLENGE

Try to complete as many of these daily activities and record your progress in a journal!

**MONDAY**
- Post a photo of you doing a healthy activity on social media or send to a friend.
- Video call or call a friend on the phone and ask how they are doing.

**TUESDAY**
- Write down at least three things you’re grateful for today.
- Take a 15-minute walk outside.

**WEDNESDAY**
- Do 5 minutes of deep belly breathing (Watch SOS video).
- Unfollow negative social media accounts.

**THURSDAY**
- Make sure you drink enough water! Drink half your body weight in ounces.
- Try 5 minutes of box/square breathing (Watch SOS video).

**FRIDAY**
- Take a social media break for the day and focus on the life around you.
- Spend a half hour reading a new book you haven’t had the time to start.

**SATURDAY**
- If you feel tired, take a restful nap.
- Call or text a family member to say hello.

**SUNDAY**
- Spend an hour doing a hobby you love.
- Journal about the week and celebrate your accomplishments.

MindWise SOS SIGNS OF SUICIDE