

21 DAYS OF MINDFULNESS

A MENTAL RESILIENCY CHALLENGE

Although the 21-day rule is a myth; it is a good place to get started. Starting new habits and becoming well is not a linear journey but something we have to continuously work on. In light of Mental Health Awareness Month, challenge yourself to 21 days of mindfulness.

1



Take a social media break and focus on the life around you.

2



Get at least 30 minutes of exercise throughout your day.

3



Watch, read, or listen to something that makes you laugh.

4



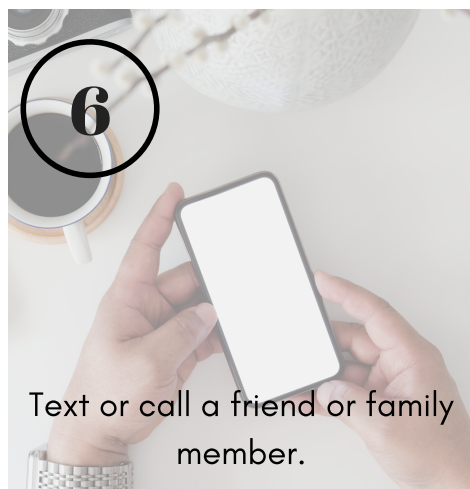
Try a new healthy recipe and enjoy it without distractions.

5



Meditate, pray, or be still for 10 minutes.

6



Text or call a friend or family member.

7



Write a note of appreciation to a coworker.

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8

Get at least 30 minutes of exercise throughout your day.



9

What are three things that you're grateful for today?



10

Focus on resting and relaxing today. Take a nap, sleep in, etc.



11

Meditate, pray, or be still for 10 minutes.



12

Do one thing today to improve your mental wellness.



13

Perform a random act of kindness for a stranger or friend.



14

What are you grateful for today? Reflect & journal about your past 24 hrs.

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15



Ask for help or have a heart to heart about your current needs.

16



Take a social media break and focus on the life around you.

17



Make a plan for something you've been putting off.

18



Give yourself a compliment & write it down.

19



Reflect & journal about your past 24 hrs.

20



Get at least 30 minutes of exercise throughout your day.

21



Watch, read, or listen to something that makes you laugh.
GREAT JOB, you made it to the end of the Challenge!

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Self-care is providing adequate attention to your own psychological and emotional well-being. Because self-care is the practice of caring for your physical, emotional, and psychological well-being, it shouldn't be surprising to learn that it does, in fact, have an effect on your mental health. Building a list of favorite self-care methods can be especially helpful in identifying what activities make it easier for you to function, improve your mood or reduce your stress levels.

Self-Care Behaviors:

- Take a bath
- Buy yourself some flowers
- Enjoy nature
- Go on a date with your significant other
- Indulge in your favorite treat
- Put on an uplifting song
- Dance around to music
- Read a book or magazine
- Curl up with a hot cup of something
- Get a manicure or pedicure
- Get a massage
- Stretch
- Watch a good movie
- Play with your kids
- Meet up with a friend
- Spend time with your pet
- Upload a selfie that makes you feel good
- Do something artistic
- Try yoga
- Clean your environment
- Take yourself on a date
- Cross something off your to-do list that you have been procrastinating doing
- Pay it forward with an act of kindness
- Compliment someone
- Drink 2 liters of water
- Take a social media break
- Try something new