

# 31 DAY MENTAL HEALTH MONTH CHALLENGE

#ShareWhyYouCare

**DAY 1:**

Change your social media photo to the "Why Care?" logo

**DAY 2:**

Chalk art a positive message or picture

**DAY 3:**

Write a letter

**DAY 4:**

Give back if you are able!

**DAY 5:**  
Meditate

**DAY 6:**  
Read a feel good article

**DAY 7:**  
Take a walk

**DAY 8:**

Spend time on a favorite hobby

**DAY 9:**

Drink more water

**DAY 10:**

Listen to your favorite song

**DAY 11:**

Try something new

**DAY 12:**

Be kind to yourself

**DAY 13:**

Eat a healthy snack

**DAY 14:**

Spend time being creative

**DAY 15:**

Give a shoutout to someone you value

**DAY 16:**

Spend time with a good book

**DAY 17:**

Practice Gratitude

**DAY 18:**

Learn how to talk about mental illnesses

**DAY 19:**

Consider Volunteering

**DAY 20:**

Share your favorite inspirational quote!

**DAY 21:**

Spend time stretching

**DAY 22:**

Have a laugh

**DAY 23:**

Pay it forward

**DAY 24:**

Take a deep breath

**DAY 25:**

Consider a new craft or DIY project

**DAY 26:**

Send a thank you note

**DAY 27:**

Download a new podcast

**DAY 28:**

Learn something new

**DAY 29:**

Cross something off your to do list

**DAY 30:**

Take time to reflect

**DAY 31:**

Share your story