

# 31 Days of Mental Health Challenge

## Adult Daily Mindfulness Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1 Sleep</b> Make a commitment to good sleep hygiene. Our mental health is impacted by our sleep.	<b>2 Diet</b> It is true that we are what we eat, and what we eat impacts our mental health.	<b>3 Exercise</b> Motion means better moods and mental health.	<b>4 Cognitive Distortions</b> Your brain processes 70,000 thoughts a day! Make sure they are more positive than negative.	<b>5 Journaling</b> Writing down our thoughts and ideas can have a positive impact on mental health.	<b>6 Story Boarding</b> Expressing yourself in artistic ways can be a way to improve mood, set an intention and more forward.
<b>7 Scented Candles</b> Studies show that the olfactory sense is directly linked to the limbic system of the brain, which is connected to emotional regulation.	<b>8 STOP</b> Sometimes we just need to STOP to help reduce the fight flight response. Even one minute of this can help. Stop. Take a breath. Observe. Proceed.	<b>9 Buddy System</b> Having a buddy to help keep you on track with your good intentions has been shown to increase success.	<b>10 Let it R.A.I.N</b> The benefit of RAIN will help you take care of yourself, body, mind and soul. Recognize what is happening. Allow it. Investigate it. Nurture yourself.	<b>11 Gratitude</b> Studies show that practicing gratitude is good for your mood and mental health.	<b>12 Self Compassion Breaks</b> If you are going through a rough patch, offer yourself a compassion break. Acknowledge the difficulty instead of avoiding how you feel.	<b>13 Sound Bath</b> Loud sounds can stress the body and nervous system. Try a sound bath with gongs and tuning forks to wash over you and sooth the mind.
<b>14 Mental Cleansing</b> When the mind gets cluttered with too many worries, it may be time for a mental cleansing using breathing, writing and visualization.	<b>15 Proper Medication</b> Taking medication as prescribed can be helpful for your mental health.	<b>16 Emotional Intelligence (EQ)</b> Emotional intelligence can be developed. It can improve your relationships and mental health.	<b>17 Reflection Time</b> Looking back can be a way of gaining perspective, learning lessons, and moving forward.	<b>18 SMART Goals</b> Being SMART about your goals will help you accomplish the things that are important to you. They should be <b>Specific. Measurable. Achievable. Relevant. Timely.</b>	<b>19 Yoga</b> Yoga is an ancient practice of physical, mental and spiritual awareness designed to help reduce stress levels.	<b>20 Mood Music</b> Studies show that music can have a positive impact on mood, blood pressure and heart rate.
<b>21 Box Breathing</b> Tracing an image of a box in your mind, along with your breathing, can help sooth your mood and lower stress.	<b>22 Body Scan</b> Scan your body to get in touch with how you are feeling in the moment.	<b>23 Writing as Narrative Medicine</b> Writing helps us to understand what we are thinking. It can be a creative outlet as well.	<b>24 Affirmations</b> Using positive affirmations can support your sense of self-worth and value. Read your positive affirmations every morning.	<b>25 Breathe and Repeat</b> Learn a relaxing three-part breathing technique that works the belly, diaphragm and lungs.	<b>26 Mantras</b> Mantras are soothing words that can calm us during difficult times. Choose words or phrases that you associate with a calm and soothing mood.	<b>27 Metta Meditation</b> Metta means "loving kindness" and can be a healing and powerful practice. Offer loving phrases to yourself or someone else.
<b>28 Jin Shin Jyutsu</b> Jin Shin Jyutsu is the art of releasing tensions in the body.	<b>29 No Snooze Button</b> Stop hitting the snooze button. When we hit the snooze button, we condition our body to procrastinate.	<b>30 Nature</b> Grow your mental health by being in nature.	<b>31 Singing</b> You don't have to have a good voice to sing your favorite songs. Let your voice be heard because you are a wonderful human being.	<p style="text-align: center;"><b>For more information on these topics and more, visit <a href="https://atlantichealth.org/grow">atlantichealth.org/grow</a></b></p> <p style="text-align: center;"> <b>Atlantic Health System</b></p>		