



RESET YOUR MIND

THE 30 DAYS MENTAL HEALTH EXERCISE

1
Go for a 10 minute walk.

2
Call a friend.

3
Eat 2 portions of fruit or vegetable.

4
Cook a new dish.

5
Listen to songs from your childhood.

6
Do 10 minutes of Yoga or Stretching.

7
Make your favourite drink and share it with a family member, neighbour or friend.

8
Have a news free day (or at least a good block of the day).

9
Do 10 minutes of art.

10
Meditate for 10 minutes.

11
Read for 10 minutes.

12
Drink water at least 5 times today.

13
Play a Board Game, Card Game or Parlour Game.

14
Do a deep breathing exercise.

15
Write a journal entry about your day.

16
Take a bath or pamper yourself in your favourite way.

17
Take a break from social media (or at least for a good block of the day) and write down how you felt about it.

18
Watch a movie.

19
Have a screen free evening (or for at least 3 hours before bedtime).

20
Write down three things that you are grateful for today.

21
Donate something that you don't use (or donate money, if you can, to a cause close to your heart).

22
Spend at least 10 minutes in nature.

23
Declutter a part of your home (or even just a work surface/table) that you spend a lot of time in.

24
Write a letter to a friend.

25
Create a playlist to listen to when you feel anxious

26
Be mindful and eat in silence, focusing solely on your food.

27
Take a nap or go to bed early.

28
Call a family member you haven't spoken to in a long time.

29
Do a puzzle, crossword or sudoku.

30
Reflect on the month and write your thoughts down.

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