

30 Days of Emotional Health

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| Write down two goals for the next 30 days | Listen to some music and dance around to your favorite playlist (dance like no one is watching) | Practice taking 3 deep breaths every hour. | Hang out with your friends via Skype, Facetime, etc. | Clean your room, declutter your closet or organize your school workspace | Practice self-care: sleep in, take a bath, give yourself a manicure, read a good book, etc. |
| Go outside for 20 minutes and listen. Name 8 things you can hear | Make a list of 30 things you are thankful for | Take a social media break for 24 hours | Spend 5 minutes meditating | Play a board game with your family | Spend the evening watching your favorite movie and relaxing |
| Make a list of things that help you calm down when you are angry | Spend 30 minutes exercising | Hug and play with your pet for 30 minutes | Create art – draw, paint, sculpt, computer graphic, etc. | Create a positive mantra and practice it throughout the day | Cook up your favorite meal or learn to cook something new |
| Practice mindfulness by paying attention to what you hear and smell | Write in your journal about how you are feeling | Give out 5 compliments | Practice a favorite hobby | Challenge your negative thoughts | Self-reflect on the month – do you accomplish what you wanted to? What was your favorite day? |