

MAY

31-DAY MENTAL HEALTH CHALLENGE



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

“One cannot lead a life that is truly excellent without feeling that one belongs to something greater and more permanent than oneself.”

-- Mihaly Csikszentmihalyi

1 EMOTIONAL WELL-BEING

Jot down three things that [went well today](#).

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4 PHYSICAL WELL-BEING

Take a [dance break](#). One song, any genre, move however you want.

5 SPIRITUAL WELL-BEING

[Map your joy](#). List 10 things that light you up.

6 WORKPLACE WELL-BEING

[Pick a skill](#) you want to sharpen this month—big or small

7 SOCIAL WELL-BEING

Hold a door, carry a bag, send a useful link. [Small acts of service](#) trigger a “helper’s high.”

8 EMOTIONAL WELL-BEING

[Save 988 in your phone](#)—the Suicide & Crisis Lifeline.

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11 PHYSICAL WELL-BEING

[Get your hands dirty](#). Dig in a garden, repot a plant, or just squeeze some soil.

12 SPIRITUAL WELL-BEING

[Thank someone out loud](#). Be specific about what they did.

13 WORKPLACE WELL-BEING

Say “yes, and.” [Respond to a colleague’s next idea](#) by building on it instead of blocking it.

14 SOCIAL WELL-BEING

[Share something real](#). Vulnerability builds trust.

15 EMOTIONAL WELL-BEING

[Play with your food](#). Eat something you love slowly—savoring is a research-backed mood booster.

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18 PHYSICAL WELL-BEING

[Bathe in the forest](#). Spend 15 minutes in a green space.

19 SPIRITUAL WELL-BEING

[Read something beautiful to you](#)

20 WORKPLACE WELL-BEING

[Open with laughs](#). Start your next meeting with 3 minutes of pet photos or bad puns.

21 SOCIAL WELL-BEING

[Swap funny things](#). “What’s the funniest thing that happened to you this week?”

22 EMOTIONAL WELL-BEING

[Check in with yourself](#). Take a free mental health screening—and also name what’s going right. Both count.

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25 PHYSICAL WELL-BEING

[Walk with purpose](#). Pick up litter on your next walk, or hold the door for a stranger. Helping others heals you too.

26 SPIRITUAL WELL-BEING

Try a 5-minute loving-[kindness meditation](#): silently send good wishes to yourself, a loved one, and a stranger.

27 WORKPLACE WELL-BEING

[Doodle without guilt](#). Grab a pen and draw for 5 minutes.

28 SOCIAL WELL-BEING

[Dial without warning](#). Call someone you miss—or send a voice note about a shared memory.

29 EMOTIONAL WELL-BEING

[Build a joy playlist](#). Pick 5 songs that make it impossible not to smile. Save it for hard days.

30 [Keep tending](#). Pick one practice from this month and carry it forward. Joy is a garden, not a destination.

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