



30 Day Mental Health Challenge

DAY 1

Do a deep breathing exercise

DAY 2

Catch up with a friend

DAY 3

Schedule something fun

DAY 4

Donate something you never use

DAY 5

Do 30 minutes of yoga

DAY 6

Plan a healthy meal

DAY 7

Ask for help

DAY 8

listen to your favourite music

DAY 9

Take 10 minutes to read

DAY 10

Go for a walk

DAY 11

Budget 20 minutes of spa time

DAY 12

Practice a favourite hobby

DAY 13

Get distracted by a movie

DAY 14

Go to bed 30 minutes earlier

DAY 15

Drink just water today

DAY 16

Schedule a game night

DAY 17

Set a mini goal

DAY 18

Cross an item off your to-do list

DAY 19

Compliment someone

DAY 20

Plan a night in with friends

DAY 21

Try a 5 minute meditation

DAY 22

FaceTime with family

DAY 23

Do something outside

DAY 24

Book a date night

DAY 25

Unfollow negative social media accounts

DAY 26

Say no to something

DAY 27

Have a phone-free night

DAY 28

Watch a silly video

DAY 29

Write down something good that happened

DAY 30

Adopt a new habit

30 Day Wonders

N Colangelo



30 Day Wonders:

The Enigmatic Realm of **30 Day Wonders**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **30 Day Wonders** a literary masterpiece penned with a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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