



# SEPTEMBER 2023

## 30-DAY CHALLENGE

TO IMPROVE YOUR PSYCHOLOGICAL HEALTH

Spend this month focusing on improving your mental health. Try a new challenge each day and reflect on how it makes you feel. At the end of the month, check in with yourself and see which of these activities you would like to add into your routine.



Visit our website for more information and join our Instagram and Facebook communities to keep up on all the latest Warfighter Wellness content!

MON	TUE	WED	THU	FRI	SAT	SUN
28	29	30	31	1  DRINK ENOUGH WATER	2  PERFORM DAILY STRETCHES	3  GO FOR A MID-DAY WALK
4  PRACTICE MINDFULNESS	5  TRY A YOGA OR STRETCHING CLASS	6  GO FOR A PHONE-FREE WALK	7  DANCE TO YOUR FAV MUSIC	8  SPEND TIME ON A HOBBY	9 <b>INHALE EXHALE</b> PRACTICE DEEP BREATHING	10  GO TO BED 30 MINUTES EARLIER THAN USUAL
11  WRITE ABOUT YOUR DAY & HOW YOU FEEL	12  CALL SOMEONE YOU MISS	13  STOP USING ELECTRONICS 2 HOURS BEFORE BED	14  TAKE A REST DAY	15  PAY IT FORWARD	16  VOLUNTEER AT A LOCAL ORGANIZATION	17  HAVE A LAUGH
18 <b>TREAT YOURSELF</b> DO SOMETHING NICE FOR YOURSELF	19  TRY SOMETHING CREATIVE, LIKE PAINTING OR POETRY	20 <b>Mental health matters</b> SPEND TIME LEARNING ABOUT MENTAL HEALTH	21  GET OUTSIDE	22  MAKE YOUR FAVORITE MEAL	23  SPEND TIME WITH A FRIEND	24  LEARN A NEW SKILL
25  PLANT SOMETHING	26  CLEAN UP YOUR SPACE	27  SING ALONG TO MUSIC	28  GO FOR A DRIVE WITH THE WINDOWS DOWN	29  TRY A NEW EXERCISE CLASS	30  READ OUTSIDE	1