

Mental Wellness Challenge

NAME: _____

CAMPUS: _____

COMPLETE ONE TO THREE ACTIVITIES EACH DAY | EMAIL YOUR COMPLETED FORM TO WELLNESS@UMGB.EDU



MONDAY

Video chat with family

Do a deep breathing exercise

Do 20 minutes of yoga

Drink just water today

Write 5 items of gratitude

Try a 5-minute meditation



TUESDAY

Get outside and move

Call a friend

Play your favorite music

Inspire yourself

Give someone a compliment

Take a mindful walk



WEDNESDAY

Do 15 minutes of cardio

Take a relaxing shower or bath

No social media for the day

Tidy up your office/desk area

Get 7-9 hours of sleep

Make a list of goals for next week



THURSDAY

Snap a picture of the sunrise/sunset

Take a mid-day nap

Make a fruit salad

Write 5 items of gratitude

Have a healthy meal

Give yourself permission to cry/feel your emotions



FRIDAY

Journal or write a letter

Go on a 30 minute walk

Use kind self-talk

Ask for help

Make/attend a counseling session

Write three things you love about yourself