



Mental Health Challenge

Directions: Complete at least 15 of the tasks below. Check tasks completed and submit to Christina.Romero@pcacares.org by 6/15/2022. Employees that complete the challenge will receive a Wonder Beads neck and shoulder heat pack.

Write down your goals <input type="checkbox"/>	Plan a night with friends <input type="checkbox"/>	Spend 20 minutes outside <input type="checkbox"/>	Plan a healthy meal <input type="checkbox"/>	De-clutter a room in your house <input type="checkbox"/>	Make a list of everything you are grateful for <input type="checkbox"/>	Take a social media detox for a day <input type="checkbox"/>
Spend time alone <input type="checkbox"/>	Ask for help <input type="checkbox"/>	Give to someone in need <input type="checkbox"/>	No TV night <input type="checkbox"/>	Listen to your favorite album or songs <input type="checkbox"/>	Set a mini goal for the day <input type="checkbox"/>	Do a random act of kindness <input type="checkbox"/>
Write down one positive thing about your day <input type="checkbox"/>	Have a "Me Day" and pamper yourself <input type="checkbox"/>	Compliment someone <input type="checkbox"/>	Meditate for 5 minutes <input type="checkbox"/>	Start a new book <input type="checkbox"/>	Watch a comedy on TV <input type="checkbox"/>	Go for a short walk <input type="checkbox"/>
Clean out your e-mail <input type="checkbox"/>	Let go of guilt <input type="checkbox"/>	Catch up with a friend or family member <input type="checkbox"/>	Schedule something fun <input type="checkbox"/>	Drink just water for the day <input type="checkbox"/>	Plan your dream vacation <input type="checkbox"/>	Go to bed 30 minutes early <input type="checkbox"/>