

# MENTAL HEALTH AWARENESS

# challenge

[CLICK ME!](#)

## DAY 1

Check in on your own mental health today - how are you feeling?

## DAY 2

Invite a friend to do the mental health challenge with you

## DAY 3

Take a walk

## DAY 4

Raise awareness for Maternal Mental Health Day

## DAY 5

Take a meditation break

## DAY 6

Learn how to talk about mental health

## DAY 7

Share your story

## DAY 8

Check in on a friend or coworker

## DAY 9

Download the newest podcast episode

## DAY 10

Learn how to talk about body size and eating disorders

## DAY 11

Unfollow negative social media accounts

## DAY 12

Take a mental health screening and check up on your own mental health

## DAY 13

Learn about a new mental health condition

## DAY 14

Look after your wellbeing by saying NO to something

## DAY 15

Learn how to talk about substance use

## DAY 16

No screen time a few hours before bed

## DAY 17

Ask for help

## DAY 18

Write down something positive that happened

## DAY 19

Prepare a well-balanced meal at home

## DAY 20

Learn how to talk about gender, sex, and sexual/romantic orientation

## DAY 21

Encourage someone to watch our YouTube videos

## DAY 22

Get outside

## DAY 23

Send a text message to someone you love

## DAY 24

Learn how to talk about disability and neurodiversity

## DAY 25

Share a social media account you find helpful in the comments

## DAY 26

Learn how to talk about race, ethnicity, and Indigenous heritage

## DAY 27

Listen to your favorite music today

## DAY 28

Explore Psych Hub's in-depth mental health certificates

## DAY 29

Learn how to talk about age

## DAY 30

Check out YouTube's Mental Health Awareness Month playlist

## DAY 31

Take a day off of social media

## EXTRA!

Change your social media photo to Psych Hub's Mental Health Month Challenge image