

COVID-19 30 Day Mental Health Challenge

Let's use this period of physical distancing to do some activities that are good for our well being. Challenge yourself or invite your family/friends to do it with you. Each day we will focus on an activity that either promotes a sense of pleasure or accomplishment since both are important for our mental health!

Look us up on Facebook or Instagram to see how the Waterloo CBT staff are doing with the challenge!

Look through your old photos/videos and find some that bring up happy memories	Clean out the junk drawers in your house (we all have them)	Send a thank you message to somebody who has had a positive impact on your life	Take off the couch cushions and clean underneath them	Take a google street view holiday (anyone want to stroll around a Peruvian market today???)	Play a game (with the people in your house or with your friends online)
Try a workout you've never done (e.g. Pilates, Zumba, kickboxing, etc.) YouTube has lots of options!	Take the evening off from news/social media. Watch a favourite TV show or movie instead.	Go for a walk and take at least one postcard-worthy photo	Clean out your email inbox	Make a weekly meal plan. If you already do this, include a new recipe into your usual rotation	Go on a nature scavenger hunt (e.g. look for 1 wild animal, a blossoming flower, a duck etc.)
Deep clean something in your house (e.g., clean behind the stove, dust the top of your cabinets etc.)	Write down 5 things you like about yourself	Sit and colour for 15 minutes ... turn off all distractions and focus only on this task	Write down 5 things you are grateful for	Sit outside or find a spot by an open window and do a mindfulness of sound exercise	Get in touch with someone you haven't talked to in a while
Make yourself a special meal or try a new recipe	Take 10 minutes to stretch your body	Get rid of 3 things in your house that you never use	Get cozy (e.g. wrap up in a heated blanket, sit by the fire (if possible), use a hot pack, fuzzy slippers)	Make yourself a fancy drink, sit down, and take the time to really enjoy it	Bake something yummy
Do something artsy (e.g., virtual paint nite, draw a picture, make a homemade card, write a poem)	Go through your closet and pick 5 things to donate	Put some mats/cushions down on the floor and do yoga/stretching/obstacle course	Do a progressive muscle relaxation exercise	Unsubscribe from email lists you don't want to receive anymore	Practice your green thumb (e.g., weed your garden, plant a seed, tend to your house plants, or watch a gardening show)