



Junior Officer Advisory Group

Readiness & Deployment Committee

Behavioral Health Team

Practicing Wellness

April 2022

Mental Health Wellness Challenge

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This Spring, challenge yourself to accomplish 30 consecutive days of the suggested activities below to foster mental health wellness. Activities can be modified and/or substituted as you see fit. The main goal of this challenge is for us to develop and maintain activities and tasks that promote mental health wellness, sustain balance and manage stress.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 *Go to bed 1 hour earlier than usual	2 * Eat more fruits and vegetable
3 * Complete a self-care activity	4 * Create a gratitude list	5 * Take a break from social media	6 * Take a long walk outside	7 * Practice rhythmic breathing	8 * Enjoy the sun – eat lunch outside	9 * Cook your favorite meal
10 * Help someone in need	11 * Drink at least 64oz of water	12 * Practice morning meditation	13 *No TV - Read for 20 minutes	14 * Have a meal with a friend	15 *Take a bubble bath	16 * Donate something new
17 * Write down 5-7 of your strengths	18 * Practice your favorite hobby	19 * Eat mindfully today	20 * Complete a full body stretch	21 * Listen to your favorite movie	22 *Compliment someone	23 * Complete a self-care activity
24 * Wear your favorite color	25 * Schedule a massage	26 * Have a phone free night	27 * Complete a morning workout	28 * Eat a healthy breakfast	29 * Complete a guided meditation	30 *Write down 5 positive affirmations