



- 1) What's one thing you can change in your day that will improve your mental health?
- 2) Create an emergency music playlist for times when you need some love and comfort.
- 3) What do you struggle with when it comes to your mental health & how can you get more support there?
- 4) What are your top three intentions for each day and how can you meet them?
- 5) Try a guided meditation, extra points for rain and waterfalls.
- 6) Work on coping skills you've neglected. (Meditating again, taking vitamins, breathing exercises, seeing a therapist) again)
- 7) Practice mindfulness today. Don't focus on the past or present - draw yourself back.
- 8) How do you make things harder for yourself and how can you reign that in? (Are you staying up too late? Forgetting to eat? Surrounding yourself with toxic people?)
- 9) Practice self-care and pamper yourself today. What's your favorite self-care for bad days?
- 10) How have your mental health struggles made you a stronger person?
- 11) Focus on resting and relaxing today. It's okay to stop and recharge.
- 12) If you're frustrated with your lack of spoons or your mental health - practice radical self-compassion today. It's easy to get frustrated.

Show yourself love instead.

- 13) If your inbox is crazy full and makes you anxious - go on an unsubscribe spree.
- 14) Create sacred space for yourself.
- 15) Take a social media break for the day and focus on the life around you.
- 16) Do a yoga routine specifically for anxiety or depression, see if it helps.
- 17) What lessons have you learned from your mental health struggles?
- 18) Research a new CBT/DBT/ACT technique or coping skills.
- 19) Check in with how you're feeling today and then act accordingly
- 20) Start repairing a relationship that's been distanced by your lack of energy or your anxiety.
- 21) Journal - but make it fun - glitter pens, stickers, washi tape, embrace cuteness.
- 22) Ask for help or have a real heart-to-heart about what your current needs are and what needs aren't being met.
- 23) Plan a date night with yourself. If you don't have the "spoons" to go out, make some popcorn and hang out on the couch with a movie.
- 24) Read something that will help your mental health. A favorite book, an informative blog post, or something fun that makes you laugh.
- 25) Choose an affirmation for today and repeat it to yourself throughout the day. Practice positive self-talk.
- 26) Spend time outside. Feet to the ground is a beautiful feeling.
- 27) Make a plan for something hard that you've been putting off.
- 28) Focus on your self-care routine. How can you make it more nourishing?
- 29) Check out apps that might help you focus more, manage your time, or calm you down.
- 30) Write a letter to your mental health.