



Five-Day Mental Wellness Challenge

Daily Spiritual & Wellness Practices

DAY 1 – February 23

Gratitude & Attention to Goodness

Psalm 136:1 – “Oh give thanks to the Lord, for He is good!”

Adult

Task: Pause and reflect on your day by writing down three things that went well and three things you are thankful for.

Why: Gratitude interrupts anxious thoughts, strengthens perspective, and helps balance you emotionally.

Youth

Task: Write down three good things from today — big or small. They all count!

Why: Focusing on the good help calms your mind and reminds you that every day has something positive in it.

DAY 2 – February 24

Sleep & Rest

Psalm 4:8 – “I will both lie down in peace, and sleep; for You alone, O Lord, make me dwell in safety.”

Adult – Sleep Hygiene Reset

Task: Try one thing, such as creating a calm bedtime routine or establishing a wind-down routine.

Why: Quality sleep improves emotional regulation, decision-making, and overall resilience.

Youth – Get Ready for Better Sleep

Task: Try one thing to improve your sleep — create a calm bedtime routine or choose a simple wind-down activity.

Why: Good sleep helps you focus better, manage stress, and feel more energized during the day.

DAY 3 – February 25

Caring for Your Body

1 Corinthians 6:19 – “Or do you not know that your body is the temple of the Holy Spirit who is in you...?”

Adult – Physical Health Stewardship

Task: Choose at least one area of physical well-being to strengthen this week — exercise, nutrition, or scheduling needed medical care.

Why: Intentional physical care supports long-term health, steady energy, and emotional stability.

Youth – Take Care of Your Body

Task: Move your body, drink more water, schedule a needed medical appointment, or choose a healthier food option.

Why: Taking care of your body helps you feel stronger, think more clearly, and build healthy habits for the future.

DAY 4 – February 26

Connection & Encouragement

1 Thessalonians 5:11 – “Therefore comfort each other and edify one another...”

Adult

Task: Reach out to one person with a sincere word of encouragement.

Why: Meaningful relationships reduce stress, deepen community, and strengthen emotional well-being.

Youth

Task: Send a kind text, compliment someone, or check in on a friend.

Why: Encouraging others builds stronger friendships and reminds everyone that they are seen and valued.

DAY 5 – February 27

Healthy Screen Time Boundaries

Romans 12:2 – “Do not conform to the pattern of this world,
but be transformed by the renewing of your mind.”

Adult

Task: Choose one screen-related boundary for the day.

Why: Limiting screen exposure reduces mental clutter, improves focus, and supports spiritual attentiveness.

Youth

Task: Choose at least one boundary — no phone at meals, one hour screen-free, or no phone first thing in the morning.

Why: Taking breaks from screens helps lower stress, improve concentration, and create space for real-life connection.