

# Mental Health Challenge

## Step Up to the Challenge

- ◇ Complete and log 14 mental health tasks in 16 days
- ◇ Log each day on back of this card.
- ◇ Take a picture of this card and send to [Denise@yardleyumc.org](mailto:Denise@yardleyumc.org)
- ◇ Resources at [yardleyumcyouth.org/mentalhealth](http://yardleyumcyouth.org/mentalhealth)

1 _____	9 _____
2 _____	10 _____
3 _____	11 _____
4 _____	12 _____
5 _____	13 _____
6 _____	14 _____
7 _____	15 _____
8 _____	16 _____

# Mental Health

## Participate in the Challenge, Get Rewards:

### Complete

- 4 days
- 8 days
- 10 days
- 14 days

### Earn

- 2 stickers & 1 squishie
- 3 stickers, 1 squishie and \$5 gift card
- 5 stickers, 1 squishie and a \$10 gift card
- 5 stickers, \$10 gift card, choice of shirts from [SelfCareIsForEveryone.com](http://SelfCareIsForEveryone.com)

## Resources available at [yardleyumcyouth.org](http://yardleyumcyouth.org)

### Educate Yourself

- \_\_\_ Watch a documentary
- \_\_\_ Watch a Ted Talk
- \_\_\_ Listen to a mental health podcast
- \_\_\_ Take the mental health screening assessment
- \_\_\_ Interview a family member about mental health in your family.

### Practice Self Care:

- \_\_\_ Exercise for 30 minutes
- \_\_\_ Do something creative
- \_\_\_ Meditate for 15 minutes
- \_\_\_ Do a yoga class on youtube
- \_\_\_ Get 8 hours of sleep
- \_\_\_ Go on a walk with a friend
- \_\_\_ Clean a room
- \_\_\_ Journal
- \_\_\_ Watch/Attend worship
- \_\_\_ Make a bucket list for the future
- \_\_\_ Attend YG/YA Night/A Bible Study/Worship
- \_\_\_ Go to therapy/set up therapy
- \_\_\_ Go 12 (awake) hours without your phone
- \_\_\_ Spend one week using a mental health tracker
- \_\_\_ Follow Mental Health/Therapy social media account
- \_\_\_ Unfollow social accounts that lead to negative talk or comparison
- \_\_\_ Write down your mental health equation
- \_\_\_ Play a game with family members
- \_\_\_ Join a Devo Plan

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