

# Mental Health Challenge

## Step Up to the Challenge: May 20– June 3

- ◇ Complete and log 14 mental health tasks in 16 days
- ◇ Log each day on back of this card.
- ◇ June 3rd take a picture of this card and send to Denise@yardleyumc.org
- ◇ Resources at yardleyumc.org/mentalhealth

5/20 _____	5/28 _____
5/21 _____	5/29 _____
5/22 _____	5/30 _____
5/23 _____	5/31 _____
5/24 _____	6/1 _____
5/25 _____	6/2 _____
5/26 _____	6/3 _____
5/27 _____	

# Mental Health

## Participate in the Challenge, Get Rewards:

### Complete by 6/3

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

### Earn

- 2 stickers
- 3 stickers and \$5 gift card
- 5 stickers and a \$10 gift card
- 5 stickers, \$10 gift card, choice of shirts from SelfCareIsForEveryone.com

## Resources available at 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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