

7 DAYS CHALLENGE MENTAL HEALTH EDITION



1

10 MINS OF MINDFUL MORNING

Find a quiet place, close your eyes, and focus on your breath. If your mind wanders, gently bring it back to your breath.

5 ENTRIES IN GRATITUDE JOURNAL

2

Write down 5 things you are grateful for. These can be big or small things—anything that made you feel thankful today.



3

3 HOURS OF DIGITAL DETOX

Spend 3 hours today without any digital devices (phone, TV, laptop). Use this time for activities like reading, drawing, walking, or spending time with loved ones.



4

ACTS OF KINDNESS

Do something kind for someone else today. It can be as simple as giving a compliment, sending a thoughtful message, or helping a friend or family member.



5

20 MINS OF NATURE WALK

Go for a walk in nature or simply sit outside, observing your surroundings mindfully. Pay attention to what you see, hear, and feel during the walk.



6

REFLECT ON YOUR EMOTIONS

Take 15 minutes to reflect on your emotions today. Write down how you're feeling and what may have triggered those emotions. Practice accepting them without judgment.



7

SELF-CARE TREAT

Do something just for you today. This could be a bubble bath, cooking your favorite meal, or engaging in a hobby you enjoy.

CHOOSING TO HEAL IS THE BRAVEST STEP YOU CAN TAKE.

For mental health support, reach out to us on careershodh@gmail.com or find us at [@careershodh](https://www.instagram.com/careershodh)



HABIT TRACKER

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HABITS

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MOOD TRACKER



OTHER
