



For the next five days, choose one activity from each category to help improve your mental wellness.

Mind

1. Create a plan to get 8 hours of sleep.
  2. Stop and enjoy one aspect of your day.
  3. Use a stress ball to relieve stress.
  4. Perform a random act of kindness.
  5. Write down something you are thankful for.
  6. Focus on one thing-not all the things.
  7. Take a break in your day-just for you.
  8. Try something new today.
  9. Laugh out loud-read a funny story-recall a joke-but make sure you laugh!
  10. Get out in nature-maybe a park, a river, a lake-spend some time outdoors.
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Body

1. Take a 20-minute walk.
  2. Sit and breathe deeply for 20 minutes.
  3. Practice yoga for 20 minutes.
  4. Eat breakfast
  5. Cut back on sugar for the day.
  6. Drink plenty of water today.
  7. Eat a good meal.
  8. Go to bed on time.
  9. Cook a meal with your family.
  10. Drink one less soda or sweet drink today.
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Soul

1. Meditate on your favorite Scripture for 10 minutes.
  2. Say a prayer of thanks for God's grace in your life.
  3. Write in a journal
  4. Listen to the Goby playlist on Spotify.
  5. Create your own playlist on Spotify.
  6. Make a list of 5 things that bring you true joy.
  7. Find one of the 40 I Ams that speaks to you. Write it on a card. Take the card with you as you move throughout your day.
  8. Tune in to a Healing Place podcast. You can find them at [crosstimberschurch.org](http://crosstimberschurch.org).
  9. Serve someone in your neighborhood today. Pray and ask God to show you how you can be a blessing to someone that lives near you.
  10. Spend 10 minutes in total silence.
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