

21 Day Mental Health Challenge

Detox, Re-Centre, Re-Fuel!

Day 1

Run a nice long scented bubble bath

Day 2

Journal 5 things you are grateful for today

Day 3

Take a walk outdoors

Day 4

Call someone you love

Day 5

De-clutter your room or desk

Day 6

Take a social media sabbatical

Day 7

Make a list of short-term goals

Day 8

Start reading a new book or article

Day 9

Slow down. Sit and watch the sunset

Day 10

Get rid of 5 things you never use

Day 11

Get some sun. Eat lunch outside

Day 12

Unsubscribe from unnecessary emails

Day 13

Send an encouraging text to 5 people

Day 14

Wake up 30 min earlier to meditate / pray / spend time with yourself

Day 15

Plan a coffee date with a friend

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Day 16

Go the entire day without complaining

Day 17

Update/create a new playlist

Day 18

Make time for a wholesome breakfast

Day 19

Do one thing you've been putting off

Day 20

Research something new in your skillset

Day 21

Don't overthink. Practice being present



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Standard call rates apply



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