# May Challenge: Mental Health Awareness Month

## Self-love
1. Write an affirmation to yourself
2. Treat yourself to a DIY spa at home
3. Make yourself food you enjoy eating
4. Create a music playlist
5. Send a thank you card to someone
6. Try out a Healthy recipe
7. Give someone a compliment
8. Do a group video call with friends
9. Tidy up your bedroom
10. Learn a new dance move
11. Attend Yoga Zone
12. Try a DIY arts and craft
13. Create a gratitude list
14. Doodle your favorite animal
15. Join our Zone Netflix Party
16. Go outside for a walk
17. Take pictures of nature
18. Try a 5 minute breathing exercise
19. Listen to something that makes you happy
20. Take a digital break
21. Paint with us at Tea & Paint Night
22. Stretch for 10 minutes
23. Eat your favorite dessert
24. Read a chapter of your favorite book
25. Try an at-home workout
26. Light a candle
27. Make your favorite snack
28. Color in a coloring page
29. Play a virtual game with friends
30. Watch a funny TV show/movie
31. Write a reflection journal about your month