

MAY

31-DAY MENTAL HEALTH CHALLENGE



MAY 6-10, 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

“People who learn to control inner experience will be able to determine the quality of their lives, which is as close as any of us can come to being happy.”

– Mihaly Csikszentmihalyi

5 Buy a small gift for a loved one or anonymously pay for someone’s coffee. [Spending on others](#) boosts happiness more than spending on ourselves.

6 Get [physically active](#) for 25 minutes today through small bouts of activity all day. Physical activity is an antidote to depressive symptoms.

7 Do something today to [inspire awe](#), which can boost well-being by reminding us of our interconnectedness, the splendor in our world, and larger purposes.

12 Get a “[Helper’s High](#)” by volunteering for one of your favorite causes.

13 Pick a [positive emotion](#) to focus on this week to lift your mood. “[Emodiversity](#)” boosts health, so try practicing a new emotion each week.

14 Identify one thing you can do to help build a more responsible workplace alcohol culture and do it. This [IWIL resource guide](#) gives some ideas.

19 Set technology boundaries at home so [that it serves a positive purpose](#) for your family.

20 Aim for 8 hours of restorative sleep this week. Enough sleep curbs depressive symptoms and improves emotion regulation quality.

21 Try out a [new technique or coping skill](#) for stress relief.

26 [Spend time in nature](#) today. People with good nature connectedness tend to be happier.

27 Practice “[defusion](#)” or “[un-hooking](#)” from your negative thoughts today to enhance your [emotional agility](#) and mental health.

28 Try out a few [breathwork](#) exercises. Keep practicing those that improve your well-being.

1 Kick off Mental Health Awareness Month with an 8-dimension [Personal Well-Being Assessment](#). Create an action plan for any area of risk.

2 Initiate an honest, open conversation with any colleague showing signs of mental health struggles. Use these [tips for doing so](#).

3 Focus on [empathetic listening](#) today to improve relationship quality.

4 Call a friend for a proper catch up. [Connecting with friends](#) yields long-term mental health benefits.

8 [Take several breaks](#) during your work day today whenever you feel fatigue. Breaks help maintain focus, brain health, and mental well-being.

9 Give two people a note of [gratitude](#) today. Handwrite or email them or use [IWIL’s e-message tool](#) and [list of prompts](#).

10 Take a [mental health self-assessment](#), and get to know available [mental health resources](#) for yourself or others.

11 [Schedule something enjoyable](#) or that matters to you and do it. “Behavioral activation”—adding [fun and value-congruence](#) to our lives—fights depression.

15 [Take the first steps to start learning a new skill](#)—at work or home. Continual growth and mastery is a pillar of mental health.

16 Choose from [these 36 questions](#) to create a more meaningful conversation today. Deepening connections can reduce loneliness and enhance well-being.

17 If you have a habit of over-thinking that undercuts your well-being, pick one of [these 17 tactics](#) to try out.

18 Try a [mocktail recipe](#) to curb alcohol use at your Spring-time social gatherings.

22 [Start using a food tracker](#) to encourage healthy eating, which [aids mental health](#).

23 To add more physical activity to your work day, try out a [walking meeting](#). People who sit most of the day are at a higher risk for depression.

24 Create a “[good mood](#)” [playlist](#) and listen to it when you need a mood boost.

25 Try several [relaxation techniques](#) this weekend. Make a habit of those that work well for you.

29 Tell or show two colleagues that their contributions are noticed and valued. Lawyers who feel valued for their skills and as people [have the best mental health](#).

30 Identify 5 of your top core values and [practice one today](#) at work. Values alignment bolsters well-being and curbs depression.

31 Take 5-10 minutes to [savor the positive emotions](#) you felt this week and that you anticipate feeling this weekend.