



20-Day Mental Well Being Challenge Quarter 1: January – March

Overall wellness isn't just a body that eats well and moves a lot. It's about your social and mental well-being too!

When it is right for you, take our **20-Day Mental Well Being Challenge** to relax and renew in the New Year. Complete this Challenge before Quarter's end for 25 Love Your Life points. Log your completion under Mental Well Being Challenge at myinteractivehealth.com.

Go to bed 1 hour earlier than usual	Journal 10 things you're grateful for	Take a walk outdoors	Call someone you love	De-clutter your room or desk
Day 1	Day 2	Day 3	Day 4	Day 5

Take a social media sabbatical	Make a list of short term goals	Take a long, scented bath or shower	Slow down: Watch a sunrise or sunset	Get rid of 5 things you never use
Day 6	Day 7	Day 8	Day 9	Day 10

Appreciate you! Write down 3 things you do well	Unsubscribe from unnecessary Emails	Send an encouraging text to 5 people	Wake up 30 minutes earlier for quiet reflection	Plan a get-together with a friend
Day 11	Day 12	Day 13	Day 14	Day 15

Go the entire day without complaining	Buy yourself flowers	Make time for a wholesome breakfast	Do one thing you have been putting off	Practice being present and in the moment
Day 16	Day 17	Day 18	Day 19	Day 20