

31-DAY FAMILY MENTAL HEALTH Boost Challenge

			1 COLOR MANDALAS 	2 SLEEP PLAN	3  SUPPORT MAP	4 SEND COMPLIMENTS
5 LAUGHING YOGA	6 TAKE A NEW ROUTE	7  START JOURNALING	8 REMINISCE	9 DIG IN THE DIRT 	10 BOOK TALK	11  SET INTENTIONS
12 BRAIN SELF-PORTRAIT 	13 GIVE SOMETHING AWAY 	14 MAKE A MANTRA	15  REST TIME	16 FUNNY FACES 	17 EXPRESS STRESS	18 RESILIENT MOVIES
19 OUTDOOR ADVENTURE	20 FEELINGS THERMOMETER	21 TURN OFF ADS	22 CATCH A SUNSET	23  REVIEW HOTLINES	24 PLAN FOR FUN	25 GO SCREEN-FREE
26 DIY SPA DAY	27  SHORT FILMS	28 LEARN TAPPING	29 EMOTIONAL DANCE PARTY 	30 DAILY CHECK-IN	31  GRATITUDE NOTES	