

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 	