



Day Challenge



to start new,



healthy habits!

Directions: IT TAKES 21 DAYS TO FORM A NEW HABIT. LET'S TAKE A LITTLE TIME EACH DAY FOR 21 DAYS TO PRACTICE DIFFERENT SKILLS MEANT TO INCREASE JOY, REDUCE STRESS, AND BECOME A HAPPIER, HEALTHIER YOU! TO DO THIS, COMPLETE THE TASKS BELOW IN ANY ORDER YOU LIKE!

<p>Walk or sit in silence for five minutes, and focus on your breath. Hear anything else?</p>	<p>Call an older relative and ask them to tell you a nice story about their childhood.</p>	<p>Practice your favorite deep breathing technique for one minute.</p>	<p>Watch a movie with your family and talk about the emotions the characters felt.</p>	<p>Write kind notes for your family and leave them around the house to be found.</p>	<p>Think about 5 places that you visited that made you happy.</p>	<p>Research the meaning of the word "empathy" and think about a time you experienced it yourself.</p>
<p>Make an uplifting card/letter for someone in a nursing home.</p>	<p>Take a minute to enjoy a nice scent (i.e. cookies, flowers, etc.).</p>	<p>Learn and ask questions about a family member's career.</p>	<p>Build something with your hands.</p>	<p>Create your own mindfulness activity (remember, stay in the "here and now").</p>	<p>Read a "feel good" story and share it with someone you love.</p>	<p>Think about two people that you are grateful for and the reasons why.</p>
<p>Research four colleges; one per each corner of the country.</p>	<p>Draw something with your eyes closed for 5 seconds. Open your eyes and make something beautiful with what you have.</p>	<p>Watch https://www.youtube.com/watch?v=nwAYpLVyeFU&feature=youtu.be with an adult and talk about 1) how you have helped someone, and, 2) how someone has helped you.</p>	<p>Look up the definition of a "positive affirmation" and come up with one to tell yourself whenever you are feeling worried or challenged.</p>	<p>Listen to your favorite song while you color a page in a coloring book (or free-color).</p>	<p>Chat with a loved one while helping them complete a household chore.</p>	<p>Enjoy your favorite meal or dessert and think of five words to describe it.</p>