



Phi Beta Sigma Fraternity, Inc.
 Kappa Sigma Chapter
 20-Day Mental Health Challenge

DAY	MENTAL TASK
1	Go to bed one hour earlier than usual.
2	Write down 10 things you are grateful for.
3	Take a long walk outdoors by yourself - avoid using phone.
4	Call someone you love.
5	De-clutter your room, closet or desk.
6	Take a 3-day break from Social Media.
7	Make a list of short-term goals.
8	Prepare and enjoy your favorite meal or new recipe.
9	Slow down...Sit and watch the sun set.
10	Get rid of 5 things you never use.

DAY	MENTAL TASK
11	Enjoy the sun...eat lunch outside.
12	Unsubscribe from all unnecessary e-mails.
13	Send an encouraging text to 5 people.
14	Wake up 30 minutes to pray or meditate.
15	Plan a "social" with a special friend(s).
16	Go the entire day without complaining.
17	Buy something special for yourself.
18	Make time for a wholesome breakfast.
19	Complete a project you have been putting off.
20	Don't over-think it....Practice BEING PRESENT.