

THE 30 DAY MENTAL HEALTH CHALLENGE



Day 1: Self-Reflection

Day 2: Pessimistic Thinking

Day 3: Catastrophising

Day 4: Hypothetical Worry

Day 5: Mind Reading

Day 6: Understanding and Overcoming Splitting

Day 7: How to Combine CBT Approaches with Mindfulness

Day 8: Improving Your Relationships

Day 9: Understanding The Panic Cycle

Day 10: Mindful Pausing

Day 11: Breathing Exercises

Day 12: Cognitive Defusion

Day 13: Cognitive Distraction

Day 14: Understanding Your Needs

Day 15: Jungian Dream Analysis

Day 16: Food and Mood (1/2)

Day 17: Food and Mood (2/2)

Day 18: Making Movement Fun

Day 19: Positive Emotions Journaling (1/2)

Day 20: Setting Healthy Boundaries (1/2)

Day 21: Setting Healthy Boundaries (2/2)

Day 22: Goal Clarification (1/2)

Day 23: Goal Clarification (2/2)

Day 24: Exploring Your Current Reality

Day 25: Exploring Your Way Forward

Day 26: Action Steps

Day 27: Positive Emotions Journaling (2/2)

Day 28: Mindfulness (1/2)

Day 29: Mindfulness (2/2)

Day 30: A Practice for Quietening Your Mind at Night

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