

30 WELLNESS DAY CHALLENGE

Cultivate mindfulness and self-compassion.

DAY	ACTION	DESCRIPTION
1	Quietly begin the day alone.	Spend 5–10 minutes in silence each morning to establish your tone for the day and increase mindfulness.
2	Set good intentions.	Take a few moments this morning to write down good thoughts and intentions for yourself and others.
3	Eat mindfully.	Eat slowly and limit distractions. Try to put your phone away and turn off the TV for one meal today.
4	Reflect on the good.	At the end of today, reflect on three positive things that happened.
5	Write a thank-you letter.	Think of someone you appreciate and send them a letter, text or phone call.
6	Be present in your body.	Take a few moments today to focus on the energy and sensations that breathing and your environment bring to your body.
7	Practice self-kindness.	Pay particular attention to the words you speak to yourself. Place positive affirmation Post-it notes to your mirror to remind you how awesome you are.

Embrace calmness and reduce stress.

DAY	ACTION	DESCRIPTION
8	Turn the negative into a positive.	You have control of your thoughts and how to respond to situations. Try to be aware of any negative reactions that arise today and turn them into positive thoughts.
9	Acknowledge and accept what is not in your control.	Some things are out of your hands-use your energy for things that you are in control of today.
10	Take three deep breaths.	Breathe in three deep, slow breaths and exhale to help manage feelings of anxiety or stress.
11	Laugh!	Laughter releases endorphins that improve mood and immune health. Find time to make yourself or someone else laugh!
12	Trade an afternoon coffee for a short nap.	Napping has been shown to reduce cortisol levels, which aids in stress relief! Take a break by napping for 20 minutes.
13	Hug it out.	Hugging helps you feel close and connected to people you care about and can positively benefit your body and mind. Ask someone for a hug today.
14	Set realistic and manageable expectations for the week ahead.	Take some time today to organize your week. Remember to save time for yourself.

Lifestyle changes to boost well-being.

DAY	ACTION	DESCRIPTION
15	Stay hydrated.	Our bodies run on water. Challenge yourself to drink at least 64 oz. of water today.
16	Walk mindfully to reduce stress.	Observe how your body feels while walking, notice what is going on around you, listen to sounds and be aware of physical sensations.
17	Get your daily dose of vitamin D.	Spend time under the sun to get a natural Vitamin D and mood boost!
18	Make sleep a priority.	Prioritize your sleep like you prioritize your classes. Give yourself a bedtime tonight to make sure you get 7–9 hours of sleep.
19	Unplug and unwind.	Disconnect from technology and relax in your favorite way.
20	Enjoy the little things.	Practice gratitude for those everyday things that are easy to take for granted or forgotten about altogether.
21	Write in a journal.	Start writing in a journal today for 5 minutes. Journaling promotes reflection and organization of thoughts.

Work smarter, not harder.

DAY	ACTION	DESCRIPTION
22	Welcome mistakes.	Instead of condemning your mistakes, try to understand and welcome them with open arms. We all learn from mistakes.
23	Complete important tasks first.	Identify the two or three tasks that are the most crucial to complete, and do those first.
24	Learn to say “no.”	Try your best to take on new commitments that you know you have time and energy for and that you truly care about.
25	Learn to focus.	Put your phone away, block social media and practice focusing on tasks for 15–20 minutes without any distractions today.
26	Turn key tasks into habits.	Instead of waiting to study until the weekend, start studying 30–60 minutes each day and make it a habit. Soon it will naturally become part of your daily routine.
27	Leave a buffer between tasks.	Allow yourself some downtime between tasks today by going for a short walk, meditating or unwinding in some other favorite manner.
28	Find your productive time.	Are you a morning or a night person? You’ll be more efficient if you work when you’re at your best.
29	Ask for help.	Avoid stress and burnout by reaching out to other people for help.
30	Be aware of your amount of TV/Internet/phone time.	Notice how much time you are spending watching TV or browsing social media each day.