31 DAYS OF MENTAL HEALTH!

Eat lunch in the sun!

Cook a healthy meal for yourself.

Treat yourself.

Drink only water today.

Write a letter.

Listen to your favourite album or podcast.

Take a one hour walk.

Switch off.

Self care Sunday!

Try meditation.

Digital detox.

FaceTime your family or friends.

Have lunch with a friend.

Read a book.

Start a conversation.

Say no to something.

Take a nap.

Send a hug to a friend.

Put down your phone.

Unfollow negative accounts.

Rest your eyes.

Sleep in.

Explore your suburb.

Jot down your ideas.

Share your story.

Have a cup of tea in the sun.

Buy a gift for a friend.

Go to bed 30 minutes earlier.

Spread some kindness.

Compliment a stranger.

Complete a mindfulness activity.

BROUGHT TO YOU BY @KASEY.RAINBOW