

31 Daily Steps

01	Start a one-sentence journal and promise to keep to it every day.
02	Put on clean clothes this morning.
03	When you first wake up, put your feet on the floor. Then see if you can get out of bed. If not, try again tomorrow.
04	Make a reminder on your phone to take any medications and/or to drink two glasses of water after waking.
05	Comb your hair this morning and before bed.
06	Brush your teeth this morning and before bed.
07	Don't look at electronics for the first 30 minutes of your day.
08	Remove clutter from the kitchen table or counters and then wipe them down.
09	Call a family member or friend to catch up.

10	Make yourself a cup of hot tea--feel the warm mug in your hands.
11	Stretch for fifteen minutes before you go to bed.
12	Put on your favorite outfit, even if you're not going out.
13	Take a stroll to the mailbox. If you feel like you can, go farther.
14	Sit outside and breathe rhythmically for ten minutes.
15	Take a long shower. Clean between your toes and behind your ears.
16	Reach out to your support person and tell them how you've been feeling recently.
17	Clean half the dirty dishes in your sink. If you feel like it, clean all of them.
18	Before bed, put lotion on your hands and feet, and then put fuzzy socks on.
19	Turn on your favorite childhood movie or TV show, curl up under a blanket, and drink a hot beverage you love.
20	Find a patch of grass and stand in it barefoot. Feel the earth under your feet.

21	If you're feeling disconnected, run cold water over your hands and feet.
22	Join a Facebook group that supports those who may face the same obstacles as you.
23	Reach out to a loved one and tell them you care.
24	Make a daily to-do list with one task on it. Make it your day's goal to complete that one task.
25	At the end of the day, write down two things that you accomplished. These things could be as simple as washing your face or eating fruit.
26	Take a walk with your pet or volunteer to walk a friend's pet
27	Play solitaire with actual cards, try to complete a crossword puzzle, or do any puzzle that requires you to physically touch the game pieces.
28	Create an inspiration board. Add activities, pictures, and quotes that inspire you to push through tough times.
29	Massage the palms of your hands and the arches of your feet. Feel the tension releasing.
30	Do something nice for a friend or neighbor.
31	Make a list of three things you were happy happened this month. Then write three things you're looking forward to next month.

Together, let's take a small step every day.
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