

# OCTOBER

*treat your mental health*

Mon

Tue

Wed

Thurs

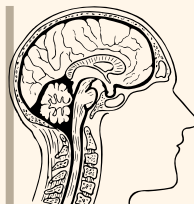
Fri

Sat

Sun



Drink 1  
some tea



**Wise Mind** 2  
Search this term to  
learn more

SLEEP  
AT  
LEAST 8  
HOURS



3

*stretch*  
**OUTSIDE**



4



**ARTS AND  
CRAFTS** 5  
SCRIBBLE WHATEVER  
YOUR HEART DESIRSE

**LISTEN** 6  
to a podcast

**TREAT  
YOURSELF**



7

Whatever that means to you

**PRACTICE  
SAYING NO** 8

set 1 healthy boundary



# DON'T GHOST YOUR MENTAL HEALTH



Mon	<p><b>JOURNAL</b> 9</p> <p><i>PROMPT</i></p> <p>Write about a positive memory</p>	<p><b>CALL A LOVED ONE</b> 16</p> <p>Just to say hi, just because you can</p>
Tue	<p> <b>Aromatherapy</b> 10</p> <p>LIGHT A CANDLE, COOK, OR BAKE</p>	<p><b>Therapy Dogs</b> 17</p> <p> 2PM @ COUNSELING CENTER</p>
Wed	<p><i>Do a</i> <b>HOBBY</b> 11</p> <p>YOU USED TO LOVE</p>	<p>FOR AT LEAST 10MIN <b>TAKE A WALK</b> 18</p>
Thurs	<p><b>help</b> 12</p> <p>[ it's okay to ask ]</p> <p>ask 1 person for support today</p>	<p>JOIN US AT <b>YOGA</b>  19</p> <p>6:45-7:45am &amp; 5:15-6:15pm</p>
Fri	<p><i>Scream!</i> <b>LET IT OUT</b> 13</p> <p> Shout your favorite song</p>	<p><i>Unfollow negative</i> <b>SOCIAL MEDIA</b> 20</p> <p>ACCOUNTS</p>
Sat	<p><b>share a joke</b> 14</p>	<p> <i>Deep</i> <b>BREATHING</b> 21</p> <p>EXERCISE</p>
Sun	<p><b>SCHEDULE 45 MINUTES OF MINDFUL DOWN TIME</b> 15</p>	<p><i>Strike a pose</i> <b>HAVE A FUN PHOTOSHOOT</b> 22</p>

# MASKS ARE FOR HALLOWEEN

Be true to yourself in everything you do. Don't be afraid to unmask, you are amazing as you are!



Mon

23  
**Exposure Therapy**  
Do one thing that scares you today


30  
*Compliment  
Someone*

Tue

**Therapy Dogs**  24  
2PM @ COUNSELING CENTER

31  
*Embrace Your*  
**CONFIDENCE**

Wed

15 MIN  25  
**DANCE BREAK**

Thurs

WATCH THE  26  
**SUNSET**

Fri

Catch up 27  
**WITH A FRIEND**

Sat

 28  
Stargaze  
UNDER TONIGHT'S FULL MOON

Sun

Write your frustrations on paper  *Then* 29  
**RIP IT UP**

# A LETTER TO YOU

YOUR MISSION, STUDENT, SHOULD YOU CHOOSE TO ACCEPT IT, IS TO EMBARK ON THIS 31 DAY CHALLENGE. AS ALWAYS, SHOULD YOU OR ANY OTHER SF MEMBER MISS A CHALLENGE, DO NOT GIVE UP. THIS LETTER WILL NOT SELF-DESTRUCT IN 5 SECONDS, AND NEITHER SHOULD YOU.

## Happy HALLOWEEN

*I wish you the best of luck on this challenge. Though the calendar ends on Oct. 31, the mission does not. Continue persisting, and remember: Don't ghost your mental health.*

