

The 30 Days of Mental Health Challenge

A daily calendar for bettering
your well-being.



[#mhttcbybyburnout](https://www.instagram.com/mhttcbybyburnout)

01

30 Days of Mental Health Challenge

Pick a Practice Partner.

Find someone to help hold
you accountable for your
well-being.

#mhttcbyebyeburnout



Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

02

30 Days of Mental Health Challenge

**Practice a short “body scan”
meditation.**

Scan this QR code for the
meditation walk-through.



#mhttcbybyeburnout

03

30 Days of Mental Health Challenge

Identify two or three instances when you displayed resilience today.

Praise yourself for bouncing back in that moment!

Pro Tip: Resilience is “bouncing back” from struggles using social support and psychological skills.

#mhttcbybyeburnout



Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

04

30 Days of Mental Health Challenge

**Find your “sweet spot” and
protect time in that spot.**

What parts of your day — or
what types of work — bring out
your best performance?

#mhttcbyburnout



Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

05

30 Days of Mental Health Challenge

Identify one small change in your life that you could start by the end of the week that would make things better.

Now, can you make it a habit?

Pro Tip: Make a bet with your Practice Partner about keeping up with your new habit!

#mhttcbybyeburnout



Mid-America (HHS Region 7)

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

06

30 Days of Mental Health Challenge

Take a 3-5 minute break to get up and move if you sit a lot, or sit down and relax if your work involves a lot of action.

Challenge yourself to do this four or five times in a shift!

Pro Tip: Include your Practice Partner. Support each other in movin' and groovin' or in slowing down the pace.

#mhttcbyeyeburnout



Mid-America (HHS Region 7)

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

07

30 Days of Mental Health Challenge

Engage in an act of service.

Offer to pay for someone's drink or meal or cover their station for a few minutes so they can rest. How does this gesture make you feel?

#mhttcbybyeburnout

08

30 Days of Mental Health Challenge

**List your Top 3
professional “yes”
moments.**

What content areas or project
topics are you willing to say
“yes” to?

Pro Tip: Note what
activities drain
your energy before
you get to your
priorities. How can
you reduce these
drainers?

#mhttcbybyeburnout



Mid-America (HHS Region 7)

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

09

30 Days of Mental Health Challenge

**List three things that you value
and turn one into a personal
mantra for your work.**

For example, if you value your
time, you might write:

“I will set boundaries to preserve
my work time.”

#mhttcbybyeburnout



Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

10

30 Days of Mental Health Challenge

**Compliment a co-worker, friend,
or family member for doing
something for their own well-being.**

Choose someone who has made an
effort to rest, practice mindfulness,
make their schedule more
manageable, etc.

#mhttcbybyeburnout



Mid-America (HHS Region 7)

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

11

30 Days of Mental Health Challenge

**Unplug from digital devices
for 1 hour.**

What does it feel like to be
unavailable for a short period?

#mhttcbyeyeburnout



Mid-America (HHS Region 7)

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

12

30 Days of Mental Health Challenge

**Thank one of your co-workers or
team members today.**

Fostering positive relationships with
the people around you is essential to
your well-being.

#mhttcbyeyeburnout



Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

13

30 Days of Mental Health Challenge

Have a laugh!

Watch a funny show, read a funny book, or listen to a funny podcast.

#mhttcbyburnout



Mid-America (HHS Region 7)

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

14

30 Days of Mental Health Challenge

**Spend 5 minutes thinking
about three aspects of your
work environment that are
supportive.**

Now, think of one you would like
to see improve.

#mhttcbyburnout

15

30 Days of Mental Health Challenge

List three things you are thankful for and why.

Remember to show gratitude for these things.

Pro Tip: Gratitude is more than “being thankful”. Think about how life would be different without that person, thing, or experience.

#mhttcbybyeburnout



Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

16

30 Days of Mental Health Challenge

**Set a timer for 1 minute and
take slow, deep breaths.**

Pay attention to how you feel at
the end of the exercise.

Pro Tip: Deep
breathing may
seem cliché but it
actually enacts the
body's relaxation
systems.

#mhttcbyeyeburnout



Mid-America (HHS Region 7)

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

17

30 Days of Mental Health Challenge

While at work, set aside 3-5 minutes to mindfully observe everything going on around you.

Try to notice something about your space that you haven't before.

#mhttcbyburnout



Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

18

30 Days of Mental Health Challenge

Try something new!

Try out a new activity, food,
music artist, or anything else you
can imagine.

#mhttcbyeyeburnout

19

30 Days of Mental Health Challenge

**Identify one thing you could
do to connect with someone
you care about.**

Make a plan to do it — and
follow through!

#mhttcbyburnout

20

30 Days of Mental Health Challenge

**Think of something that
a person you know does
really well.**

Reach out to this person and
ask about it. See where the
conversation goes.

Pro Tip: One of the
best ways to create
relationships is
through reciprocity —
show interest in their
interests and they will
do the same.

#mhttcbyeburnout



Mid-America (HHS Region 7)

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

21

30 Days of Mental Health Challenge

**Mindfully consume a meal
or snack.**

Pay attention to your
primary senses.

Pro Tip: Mindfully eating typically results in a slower, active process. Set aside time with no distractions (20 minutes for a meal, 5 minutes for a snack).

#mhttcbyeyeburnout



Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

22

30 Days of Mental Health Challenge

**Write down one thing that
embodies happiness.**

Reflect on this choice
throughout the day.

#mhttcbyeyeburnout



Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

23

30 Days of Mental Health Challenge

**Embrace your inner child
and engage in something
novel, carefree, or playful.**

Try to complete the activity
with this perspective from start
to finish.

#mhttcbyeyeburnout



Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

24

30 Days of Mental Health Challenge

**Start a running list of what you
find exciting, motivating, or
meaningful at work.**

This can be your “rainy day” list for
when things are harder at work.

#mhttcbybyeburnout



Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

25

30 Days of Mental Health Challenge

Approach a colleague you trust and ask for some constructive feedback for improving your work.

Thank them for the feedback afterward.

Pro Tip: Feedback is difficult. Set an intention for yourself to take feedback non-judgmentally and without defense.

#mhttcbyburnout



Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

26

30 Days of Mental Health Challenge

**Prioritize getting a good
night's sleep tonight.**

Take time to wind down. Plan
to turn off electronics at least
30 minutes before bed.

#mhttcbyeyeburnout



Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

27

30 Days of Mental Health Challenge

Complete a G.L.A.D.

Name something from today that you are **G**rateful for, that you **L**earned, that you **A**chieved, and that **D**elighted you.

#mhttcbybyeburnout

28

30 Days of Mental Health Challenge

**Don't let negative thoughts
get the best of you.**

Scan the QR code to watch
a short video on a simple
thought-defusion strategy.



#mhttcbybyeburnout



Mid-America (HHS Region 7)

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

29

30 Days of Mental Health Challenge

Do something creative.

Consider cooking, drawing,
gardening, or building
something.

#mhttcbyeyeburnout



Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

30

30 Days of Mental Health Challenge

**Celebrate yourself for
completing this challenge!**

Reflect on your experiences
during the past month and
the activities that made the
biggest impact for you.

#mhttcbybyeburnout



Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Connect with us!

Visit our website or follow
us on social media.

mhttcnetwork.org/midamerica

@MidAmericaMHTTC



Authors: Andrew Jordan Thayer, PhD, Hannah West, PhD,
Christian Klepper, PsyD, Erika Franta, PhD, Lauren Robinson,
Shelby Zivny, Brandy Clarke, PhD