

# 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



Mid-America (HHS Region 7)

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

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!

#mhttcbyburnout



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.

#mhttcbybyeburnout



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?

#mhttcbyeyeburnout



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.”

#mhttcbyeyeburnout

# 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



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.

#mhttcbybyeburnout



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



Mid-America (HHS Region 7)

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

# 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



Mid-America (HHS Region 7)

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



# 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.

#mhttcbyeyeburnout



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



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

# 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



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](http://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