

January Mental Fitness Challenge

Keeping our brain in shape is just as important as physical fitness. Try doing one of these tips every weekday in January!



1. Over dinner, talk about 3 things you are grateful for.



2. Take a walk.



3. Send an email/message to someone you love.



4. Allow yourself to be present in the moment.



5. Plan a family activity night, like game night or movie night.



6. This morning, talk about what you are most excited for today.



7. Donate to or volunteer at an organization.



8. Draw a picture of someone or something you are grateful for.



9. Make a list of 3 things you want to do this year.



10. Sing a song together.



11. Limit screen time today.



12. Read a book.



13. Make dinner together.



14. Smile and say hello to every person you see today.



15. Focus on the positive. Try not to complain about anything today.



16. Ask your kids to share one thing they like about themselves and why.



17. Write down one thing you want to get done this weekend – and do it.



18. Do one random act of kindness today.



19. Color a picture.



20. Go to sleep a half hour earlier.



21. Send a text message to someone you miss.



22. You decide: How will you be mentally fit today?

For more mental health tips and information, visit [OnOurSleeves.org](https://www.onoursleeves.org). Share how you're being mentally fit. Use [#OnOurSleeves](https://twitter.com/OnOurSleeves) on social media.

