



mind your health



WORKPLACE CHALLENGE 2023

Creating a Mentally Healthy Workplace

Employee Challenge

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Workplace Daily Challenges

31 Day Mental Health Challenge

1

Stay in the present

2

Joke of the day

3

Get more active

4

Tell someone you're grateful

5

Connect with others

6

Listen to your favourite music

7

Catch up with a colleague over lunch

8

Mindful breathing

9

Go for a walk

10

Take a break in nature

11

Leave work at work

12

Tidy your work area

13

Hydrate today

14

Celebrate your achievements

15

Financial wellbeing

16

Practice good sleep hygiene

17

Visit a mental health and wellbeing website

18

Do a full body scan

19

Write 3 things you are grateful for

20

Help someone else

21

Reflect on your values

22

Unplug for a few hours

23

Keep learning

24

Connection between food choice and mental health

25

Try a herbal tea

26

Start making our own wellbeing a priority

27

Alcohol free day

28

Apply the 4 D's of Time Management

29

Listen to Mental Health Podcasts

30

Call a friend or family member

31

Keep it going!

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