



Here is the list of missions from which you can choose to make up your Mental Health Mission challenge. Each challenge must last for a minimum of 30 days.

If you undertake one challenge, you'll receive a bronze award. Two challenges make up a silver award, and three for gold. Good luck and don't forget to post your progress on our social media pages!

1. A daily Positive Thought

Every day you have to create a 'positive thought for the day'. This then needs to be shared on social media on either Facebook, Instagram or Twitter. It should also be shared on the Resilient Me social media site of your choosing.

2. A daily Gratitude Diary

Each day you simply write down three things that you are grateful for in your life. You can also write down why you are grateful for them. This mission needs to be completed in a small, handwritten notebook or journal that you can keep for the future.

3. A daily Positivity Diary

At the end of each day you write down three positive things from that day. It may be something that you did for yourself, something that you did for someone else, something that someone else did for you or, it could be something as simple as enjoying the sunshine. This mission also needs to be completed in a small, handwritten notebook or journal that you can keep for the future.

4. Lose the Booze!

Alcohol is a depressant and, whilst it offers short term release from stress, in the longer term it is damaging both mentally and physically. You can choose to stop drinking alcohol for 30, 60 or 90 days, or start with 30 and keep it going longer if you choose to. If this is impossible for you try mission 5!

5. Just one per day

For some people, cutting out alcohol completely would be a step too far – especially if they are already regular drinkers. This mission will help to moderate your drinking levels by limiting consumption to just one alcoholic drink each day. Accumulation is not allowed! It is far healthier to have 1 drink a day than to binge drink at the weekend.

6. Light exercise for 20 minutes a day

When we are stressed, our body floods with chemicals such as adrenaline and cortisol. Over time these chemicals can become toxic, and will start to affect our health both mentally and physically. Doing 20 minutes of exercise each day helps us to burn these chemicals off and maintain good, all round health. It doesn't matter which type of exercise you choose, provided it raises your heartbeat to a level that makes you slightly out of breath.

7. Get out of breath 3 times a day

For those who are not ready or able to do 20 minutes of exercise every day, this is a simple alternative. There is no time limit, just do something vigorous until you are out of breath! For example, run on the spot, or walk up and down stairs, or if you work in an office block – why not go outside and quickly walk around the block? You decide. Getting out of breath helps to burn off damaging stress chemicals and to clear your mind.

8. A daily read of personal development books or articles

Reading is a great way to simultaneously relax and improve our mind. Reading personal development material from authors such as Tony Robbins, Barbara & Alan Pease, Jack Canfield, Napoleon Hill, or Brian Mayne is both uplifting and inspiring. This challenge is not prescriptive. You can choose the books that you would like to read but we would be happy to recommend the ones that we've read and like.

9. Set 3 mini-goals a day

Goal setting is the secret of champions. The ability to set yourself targets, work towards them, and feel the great sense of achievement when you get there is a very powerful life skill. With this mission you are simply setting 3 mini goals each day – a 'to do' list really. This will help you to be organised and motivated. For anyone who already suffers from certain mental health issues, having 'tasks' to complete each day can also be very therapeutic.

10. A daily random act of kindness

Simply do something nice or helpful for someone else at least once each day, without expecting anything in return.

11. A mindful interlude once a day

Choose a 'mindful' activity and do it for at least 15 minutes every day. You can choose different activities in this mission, which can include mindful colouring, eating a meal mindfully, going for a mindful walk etc.

12. 15 minutes of meditation a day

Science has now proven that meditating every day makes a huge difference to how you approach life, how personally you take things and how you interact with others. Meditation builds compassion, allows you to see things more clearly (including yourself) and creates a sense of calm and centeredness that is hugely beneficial to your mental health.

13. Laugh yourself better!

Laughing is one of the best forms of relaxation and stress reduction – and anyone can do it! The trouble is, we're often too busy or serious to let it happen. This mission is simple – pick your favourite comedy sitcoms, funny books or stand-ups and spend 15 minutes a day watching or reading them. This is one mission you won't want to end!

The above list is not exhaustive and we'd be happy to add other appropriate mental health goals that you or others may suggest – just contact Resilient Me with your ideas or post them on our social media pages.

