

AUGUST HEALTHY SUMMER Challenge

from the Michael & Susan Dell Center for Healthy Living

Mind & Body



Start a journal

Take three deep breaths

Create a piece of art with your personal mantra

Write five favorite things about yourself

Color!

Have a picnic at your local park

Spend the morning volunteering



Make a self-care chart

Make a list of what you're thankful for



Try to get 9 hours of sleep

Go for a walk

Make a list of your favorite things to do

DIY spa night

Designate media-free family time together

Plant flowers

Exercise three times a week

Listen to your favorite music

Practice meditation

Create music with what you can find in your house



Do a puzzle

Remove TV, computers, and other electronic devices from your bedroom



Create an "I am" self portrait

Eat each meal today without looking at a screen

Learn a new skill

3 DAY CHALLENGE:
Stretch when you wake up for three days in a row

Lay in the grass

Sleep in a room that is dark, cool and quiet

Write a poem