

Healthy Summer Challenge

from the Michael & Susan Dell Center for Healthy Living

August

Schedule a fun activity that you can look forward to	Set a regular bedtime for school nights	Go to bed 30 minutes earlier than you normally do	Read for 30 minutes	Try a 5-minute meditation	Imagine your favorite place	Wear a color that expresses how you feel
Do a deep breathing exercise	Have a phone-free night	Avoid having screen time 30 minutes before you go to bed	Unfollow negative social media accounts	Turn off all screens during mealtimes	Practice your favorite hobby	Write down something good that happened this week
Write a list of what makes you special	Cross an item off your to-do list	Go for a walk in nature	Create a mood-boosting playlist	Open up about something on your mind to someone you trust	Have a game night with your friends or family	Go to bed an hour earlier than you normally do
Draw or paint how you are feeling	Write down what you are thankful for	Try to get 9 hours of sleep tonight	Watch the sunset	Start a new book	Start the first 10 minutes of your morning without screen time	Listen to your favorite music

