

Men's mental health 30 day challenge

Daily tasks to boost wellbeing and maintain balance

DAY 1

Make someone laugh. Tell a joke or a funny story that happened to you

DAY 2

Take a different route on your usual walk or drive back home from work

DAY 3

Compliment a male colleague on something he is wearing

DAY 4

Eat a whole fruit, orange, apple or watermelon!

DAY 5

Play a game you enjoyed as a kid. Console, board or a card game

DAY 6

Walk to your local shop instead of taking the car

DAY 7

Buy something small and unexpected for someone

DAY 8

Watch something live and in person like a local football game or a band

DAY 9

Instead of sending a text to a friend, call them

DAY 10

Tidy one small space. Office, car or garage

DAY 11

Ask someone about something they care about and actually listen

DAY 12

Drink a full glass of water first thing when you wake up

DAY 13

Play music from your teenage years - out loud, not through headphones

DAY 14

Hold a door, help someone carry something, or do a small favour

DAY 15

Do a quick exercise. Five press ups, a stretch, or a short run.

DAY 16

Send a message sharing a memory to someone you haven't seen in a while

DAY 17

Learn 5 words in a new language

DAY 18

Make yourself laugh. Watch a clip of something daft

DAY 19

Back to the 50's! Have an evening without modern technology

DAY 20

Say yes to something small you would normally decline

DAY 21

Go to bed 20 minutes earlier than usual

DAY 22

Compliment a stranger or someone you do not usually speak to

DAY 23

Do something that feels naughty (pudding as a starter!)

DAY 24

Make a proper "pot" of tea or coffee and actually sit down to enjoy it

DAY 25

Try an "Asian squat" see how long you can manage

DAY 26

Walk somewhere you would normally drive.

DAY 27

Make plans to meet up with your mates

DAY 28

Do one task you have been avoiding for ages, but limit it to 10 minutes

DAY 29

Notice something good that happened today and share it with someone

DAY 30

Plan one thing to look forward to next week. It does not have to be big