**DAY ONE OF THE 7 DAY MENTAL HEALTH CHALLENGE**

**SETTING UP THE CHALLENGE:**

This week is all about you. When people are sharing in the group remember that each of you are unique so your challenges, resources and support systems are all different. Therefore, your goals and experiences will all be unique. Practice noticing what is happening to you, and what other people are posting in a non-judgemental, curious way.

Each day there will be a different area of focus, a live video, an exercise you can participate in, some extra resource material if you are interested and the opportunity to ask questions, either in the video or in the group.

So, let’s get started.

**AREA FOCUS: WHAT IS IMPORTANT TO YOU?**

The focus of this challenge is on making positive mental health changes, not big life changes. If you are participating in this challenge, I am assuming that you value your mental health. My question to you is why is your mental health important to you? And what does having good mental health mean to you?

**EXERCISE:**

This is a journaling exercise. If you have a nice journal to write it, great. If not, you may want to buy one, or use an A4 exercise book.

1. Complete the prompt: “Having good mental health would mean ….….. “.
2. You start each new sentence with “Having good mental health would mean ….”. This repetition is important.
3. Fill up a whole A4 page. Why? Using a stream of consciousness allows you to tap into what is important and what might be holding you back.
4. This is a non-judgemental activity. Just notice what comes up, and allow it to come up without filtering.

If you like, you can share something unexpected that popped up for you.

**QUOTE:**

According to the [World Health Organization](http://www.who.int/topics/mental_health/en/), mental health is “a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

**EXTRA RESOURCE MATERIAL:**

For more information about what mental health is see <https://www.beyondblue.org.au/the-facts/what-is-mental-health>.

To find out a bit more about the difference between values and goals here is a short YouTube clip by Russ Harris - <https://www.youtube.com/watch?v=T-lRbuy4XtA>.

**TAKE AWAY**: *It is very hard to make any permanent change in your life if it is not linked to something that is important to you.*