

# MMHD Winter Health Challenge



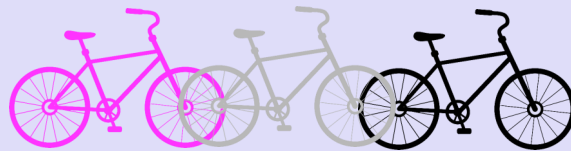
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## MIND

Choose three goals: Two short-term and one long-term. Remember, when setting goals they should be SMART (specific, measurable, attainable, relevant and time-bound).

## BODY

- \* Decide on your choice method of exercise for the winter. Then pick a back-up exercise.
- \* Choose three healthy foods/drinks (that adhere to any dietary restrictions you may have) to incorporate into your everyday diet. Then choose three not-so-healthy foods/drinks you want to go cold turkey on.



## SPiRiT

Work on letting any hurt, disappointment or anger from 2013 stay in 2013. Write down all of the things you know you need to let go of as you enter the new year, and one thing you learned from that experience.

That goes for people as well. Think of relationships that leave you feeling more drained than uplifted. It is important to appreciate how well they served you once, and understand that it's okay your life paths are no longer intertwined. Life is too short to surround yourself with people who give you anything but love.



Check in with us on Facebook, Twitter and Tumblr to share your let us know how your with the hashtag **#MMHDhealthierhappier**.

We're here to support each other!

***And as always, take time for yourself everyday!***