

# The Busy Professional's 7-Day Mental Wellness Challenge

This guide is designed for busy professionals who want to prioritize mental wellness while managing their demanding schedules. Follow the 7-day challenge below to build healthy habits and reduce stress.

## Daily Mental Wellness Checklist

- Prioritize 7–8 hours of sleep nightly
- Take a 5-minute break every hour
- Use time-blocking for focused work
- Keep work email boundaries after hours
- Practice gratitude journaling daily
- Schedule weekly 'no meeting' time
- Exercise 20 minutes 3–4 times a week

## 7-Day Challenge

- 1 Day 1: Declutter your workspace
- 2 Day 2: 10-minute guided meditation
- 3 Day 3: Gratitude journaling
- 4 Day 4: No-screen evening
- 5 Day 5: 30-minute walk during lunch
- 6 Day 6: Connect with a colleague socially
- 7 Day 7: Reflect + set intentions

Repeat this challenge as often as needed to reinforce healthy habits. Small, consistent actions lead to long-term mental wellness and resilience.