

10-day Mental Wellness Detox Plan



1. It's time to journal!! Just write what comes to mind. It doesn't matter if it makes sense. Don't worry about spelling or punctuation. For 10 days we will write our thoughts, our challenges and our reflection moments. Write empowering statements for yourself as well as positive 'how-to' questions.
2. Limit your social media use for the next 10 days to only 10 minutes for the day!! Notice what happens. How do you feel? Were you more productive? Did you sleep better? Was your anxiety improved? Think about doing another self-care activity in the place of your social media time.
3. Begin your gratitude practice. Write down three new things everyday that you are grateful for regardless of how large or small.
4. Choose a positive or inspirational book to read or find a daily article that inspires you. What is your takeaway from the reading? Will you do anything different moving forward?
5. Watch those thoughts! As soon as you get that depressing or negative thought - CHOOSE to think about something different that is positive and motivates you. We have full control over our thoughts and if you need help then grab a rubber band, wear it on your wrist and every time you get a negative thought snap the rubber band!
6. Move your body! Commit to 15 minutes a day of some type of movement. It can be yoga, stretching, walking, dancing or running. Whatever makes your spirit happy then get up and do that movement!
7. Offer your services to a person or group that could use some extra help. Maybe some cleaning or gardening for an older person. Maybe the local food bank? Check out volunteer opportunities in your area to see what's available. Trust me, it's gonna feel good to give and support.
8. Declutter a space in your home that needs some attention. Get rid of things that no longer serve you. Give items away or recycle them. Make your space feel inviting and feed your spirit.
9. Speak to yourself in a loving and kind way. Tell that inner critique to sit down and shut up!! Sometimes we are super mean to ourselves and would never say those things to our bestfriend. Look in the mirror daily for 5 minutes. This may feel uncomfortable at first but push through it. Tell yourself you love you. Tell yourself of your achievements and what you want to achieve. Use some positive affirmations.
10. Put your phone down for one hour per day. Turn off the ringer and turn it over so you can't see it. Do something for yourself. Take care of you. How did that impact you and how did you feel for the rest of the day?