

20 DAY Mental Health Challenge

To celebrate Mental Health Awareness Month this May, PetSmart invites you to join our 20-Day Mental Health Challenge: a series of daily tasks to bring mental health to the forefront of your mind and allow you to take a moment for restorative self-care.

How to Participate

Throughout the month of May, challenge yourself to complete every task below and check it off once completed. At the end of the month, submit a photo of your completed sheet, and include a note about one activity you plan to continue to do and what you learned. Include your full name and associate ID in your submission email.

Your submission will allow you one entry into a draw to win a GoodLife Fitness prize pack, plus a \$20 gift certificate to Booster Juice.



Do mind calming exercise.



Try a 5-minute meditation.



Go for a mid-day walk at lunch.

Try a yoga class - in person or virtually.



Listen to your favourite music.

Go to bed 30 minutes earlier than usual.

Have a phone-free night.

Give a shout out to someone you value.

Take a rest day. Give yourself time to relax and recover.

Practice self-care. Engaging in a self-care routine has been proven to reduce anxiety and depression.

Have a laugh. Tell a joke or watch your favourite funny TV show.

Pay it forward. A little effort goes a long way. Helping others can reduce stress.

Eat some dark chocolate.

Tidy up your space. A messy environment can lead to a scattered mind.

Find a quiet spot and read.

Learn to grow something. Gift yourself a plant or start an herb garden.

Repeat positive affirmations.



Take your morning coffee outdoors.

Do a 10-minute stretch.



Write down 3 things that you're grateful for.

Submit to lpicone@petsmart.com by May 31, 2022

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