

TAKE THE #4MIND4BODY CHALLENGE!

Join Mental Health America this May as we challenge ourselves to make small changes - both physically and mentally - to create huge gains for our overall fitness and wellbeing.



HOW DOES IT WORK?

Each day during the month of May, Mental Health America will post a challenge of the day online.

ON OUR WEBSITE: WWW.MENTALHEALTHAMERICA.NET/CHALLENGE

ON FACEBOOK: [/MENTALHEALTHAMERICA](https://www.facebook.com/MENTALHEALTHAMERICA)

ON TWITTER: [@MENTALHEALTHAM](https://twitter.com/MENTALHEALTHAM)

ON INSTAGRAM: [@MENTALHEALTHAMERICA](https://www.instagram.com/MENTALHEALTHAMERICA)

The challenges won't be very time consuming and are designed for everyone to be able to participate in, no matter what kind of shape you are in or where you are in your mental health journey.






Be sure to share your daily progress by posting to your social media accounts with #4mind4body. If you don't use social media, post directly to www.mentalhealthamerica.net/4mind4body.

Mental Health America will collect posts that use #4mind4body on our website at www.mentalhealthamerica.net/4mind4body so you can see how other people are tackling the daily challenges.

If you are taking steps to live a healthy lifestyle but still feel like you are struggling with your mental health, visit www.mhascreening.org to check your symptoms. It's free, confidential, and anonymous.

Once you have your results, we'll give you information and help you find tools and resources to feel better.



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