

YOUR MENTAL HEALTH MATTERS.



# THREE DAY MENTAL HEALTH CHALLENGE

# WELCOME!

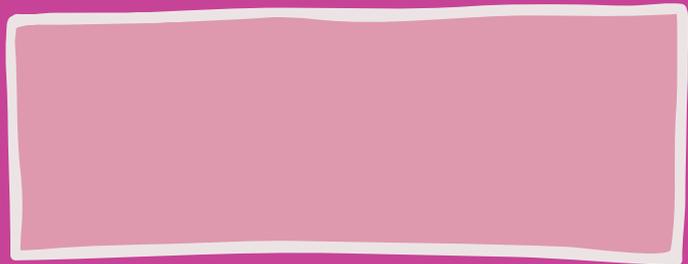
I'm Dr. Alfree, psychologist, scientist, author and media contributor. My life's mission is normalizing mental health to help ALL people (especially those of us from marginalized communities) live fully, unapologetically and authentically.

I am elated to have you join me for the 3-day Mental Health Challenge. The goal of this challenge is to introduce you to some simple, actionable and portable strategies to help you care of YOU.

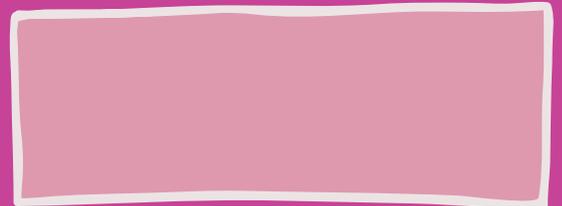
Please take this all in, try to practice daily and enjoy.

# SET YOUR INTENTION

**Please Write Your Name:**



**Please Select the Date You Began the Challenge (dropdown box):**

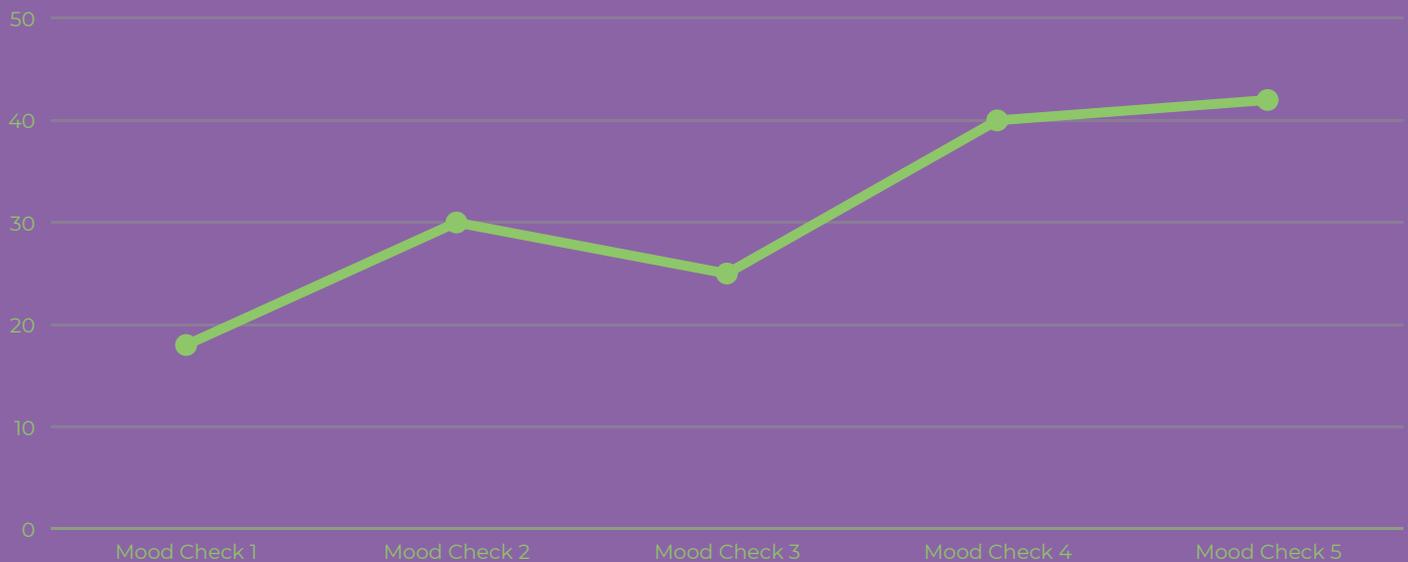


**Take a moment to reflect, then write down one thing you hope to gain from this challenge:**



# AFFIRMATIONS - DAY 01

Select a phrase that empowers you and repeat it throughout the day today



Pick 5 time points today and check in with yourself, placing a dot at the intersection of the number that represents your mood right after you restate your affirmation (I provide an example of how my mood tracked on a day when I used my affirmation "My Presence is a Gift").

I find that affirmations serve multiple purposes, with two of the most important to me being; wiping out negative thoughts in the moment and helping me focus/clear my mind.

# WHAT WE VALUE

The things we tell ourselves make a difference in how we show up in the world.

## **GROUNDING EXERCISE - DAY 02**

Today take 2 minutes in your day to sit quietly and engage your 5 senses, but with a twist: For each of your senses, think of something that you are grateful for in the moment.

For example, you might say to yourself, "I am grateful that I can hear my spa music playing softly in the background" or "I am grateful that I can smell the cookies my grandfather baked for me."

# FORGIVENESS - DAY 03

## LETTING GO

Today, take a moment to forgive yourself for a mistake you've been beating yourself up about for weeks, months, years even. Remind yourself that you did the best you could at the time and that you have learned and grown.



## BENEFITS

Practicing forgiveness with ourselves, can lighten our load and ease our burdens. It frees up mental space that we can use to uplift and support ourselves more fully. Forgiveness of self also helps us practice ways to forgive others when they hurt us.

# CONGRATULATIONS!

**DR. ALFIEE**

[#OptimalMentalHealth](#)

You did that!!!! You took a small step a day for 3 days to focus on you and to build your skill set. If you like, email me to tell me how it was for you. You can reach me at [info@dralfiee.com](mailto:info@dralfiee.com).

Thank you so much for taking this step, I am so pleased that you would share a moment of your day with me and I am so proud of the journey that you have embarked on to focus and center your mental health.

*As always, I am wishing you lots of love and light and hoping both are informed by good, culturally relevant science.*

*Love, Light, Science,*





#lovelightscience

# 3 DAY MENTAL HEALTH CHALLENGE

[www.dralfiee.com](http://www.dralfiee.com)  
[info@dralfiee.com](mailto:info@dralfiee.com)



@dralfiee

## **COPYRIGHT NOTICE**

**COPYRIGHT 2021 DR. ALFIEE ORG**

ALL RIGHTS RESERVED. THIS BOOK AND ANY PORTION HEREIN MAY NOT BE REPRODUCED OR USED IN ANY MANNER WHATSOEVER WITHOUT THE EXPRESS WRITTEN PERMISSION OF THE PUBLISHER EXCEPT FOR THE USE OF APPROVED BRIEF QUOTATIONS IN A BOOK REVIEW.