

10 for 10

Celebrate our 10 year anniversary by participating in our 10 for 10 campaign.

Here are just some ways you can support us...



1. **Run a 10k**
2. **Donate 10 tell 10 friends**
3. **10,000 steps a day for a month**
4. **Bake 10 cakes and sell them**
(or multiples of 10)
5. **Sell 10 old unwanted items of clothing**
6. **Do 10 press ups a day**
squats/situps/jumping jacks etc
7. **10 minutes walk every day for a month**
8. **10 minutes mediation every day for a month**
9. **Stay silent for 10 minutes every day for a month**
10. **Get 10 friends and hold a cocktail party**
11. **Play 10 boardgames in a month**
12. **Skydive from 10k ft**
13. **Read 10 books (Kids challenge?)**
14. **Paint 10 paintings**
15. **Draw 10 drawings**
16. **Play rock, paper, scissors with a friend 10 times**
17. **Stream online for 10 hours** *(Twitch)*
18. **Sell 10 items online in a spring clean declutter**
19. **Write 10 poems**
20. **Journal for 10 mins every day for 10 days**
21. **Do 10 mins stretches every morning**

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- 22. Share 10 things your mental health journey has taught you**
- 23. Have a coffee morning at 10am**
- 24. Host a pot luck dinner with 10 dishes**
- 25. Take a picture of your 10 favourite people**
- 26. Share your ten favourite memories**
- 27. Ask 10 people how they are doing**
- 28. Watch your 10 favourite film**
- 29. Share your 10 favourite mental health tips**
- 30. Learn 10 new words a day for 10 days**
- 31. Volunteer for 10 Participate studies**
- 32. Try a new hairstyle for 10 days**
- 33. Learn how to say 'how are you' in ten languages**
- 34. Listen to 10 new songs each day**
- 35. Post a video or written post on social media every day for 10 days to chart your mental wellbeing – *how are you feeling today?***
And use hashtags #mentalhealth #10for10 and tag MQ (to show mental health is fluctuating – tell us your diagnosis, or not yet diagnosed but where you are on your diagnosis journey)
- 36. Dance 10 dances at a social event or learn 10 new dances**
(dance groups, kids dance classes – learn 10 new moves)
- 37. Learn how to count to 10 in a new language (kids)**