



30 Day Challenge Stress Awareness

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| ● Day 1
Start a thought journal to focus on every day | ● Day 2
Note down 10 things you are grateful for | ● Day 3
Keep hydrated & drink 8 glasses every day | ● Day 4
Check your sleep routine | ● Day 5
Finish this sentence: "I am at my happiest when ..." |
| ● Day 6
Research sources of support like able futures | ● Day 7
Get outside for a walk each day | ● Day 8
Give yourself a compliment | ● Day 9
Find something new to listen to | ● Day 10
Finish this sentence: "I am looking forward to..." |
| ● Day 11
Cook a meal with 5 portions of veg or fruit | ● Day 12
Make a to do list & prioritise work for the week | ● Day 13
Be still for at least 2 minutes | ● Day 14
Plant some seeds. Herbs love a sunny windowsill | ● Day 15
Finish this sentence: "I am good at ..." |
| ● Day 16
Mix up your morning routine | ● Day 17
Get creative & try a new craft or hobby | ● Day 18
Arrange time to get together with friends | ● Day 19
Practice some breathing exercises | ● Day 20
Finish this sentence: "My team would say I am ..." |
| ● Day 21
Stand up & stretch at least once a day | ● Day 22
Plan in regular screen breaks | ● Day 23
Join an online exercise class | ● Day 24
Connect by giving someone a call | ● Day 25
Finish this sentence: "At work I most enjoy ..." |
| ● Day 26
Try a new crossword, jigsaw, sudoku or card game | ● Day 27
Say no to something & tidy up your to do list | ● Day 28
Watch a comedy show & laugh | ● Day 29
Clean up your workspace | ● Day 30
Finish this sentence: "I want to do more ..." |

