

Stress Awareness Month 30 Day Challenge Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|--|---|--|
| <p>Need some ideas?</p> <p>Visit stress.org.uk for daily hints and tips to keep you motivated</p> | | 1 | 2 | 3 | 4 | 5 |
| | | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>Good Friday</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>Easter Sunday</p> <p>2. Mental</p> <p>3. Emotional</p> |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| <p>1. Physical</p> <p>Easter Monday</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> |
| 27 | 28 | 29 | 30 | <p>The 30-day challenge will maximise your chances of turning useful knowledge and techniques into positive behavioural change.</p> <p>Pick an action each for your Physical, Mental and Emotional Wellbeing to carry out every day. It takes 30 days to turn actions into habits, which is why this is a month-long programme. Good luck!</p> | | |
| <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p> | | | |

