



Stress Management Society
from distress to de-stress

30 DAY CHALLENGE

APRIL 2024 CALENDER & HINTS AND TIPS



Welcome to our **30-day wellness challenge**, designed to help you prioritize your mental, physical, and emotional wellbeing. Research suggests that it takes approximately 30 days to turn actions into habits, which is why we've crafted this month-long program to maximize your chances of adopting positive behavioral changes.

Over the next month, we encourage you to make your mental health and wellbeing a priority.

Each day, select and jot down an action that contributes to your overall wellness. Use the calendar provided to track your progress and note down the actions you take.

To assist you along the way, we've compiled a list of ideas, hints, and tips to incorporate into your daily routine. Remember, small steps each day can lead to significant improvements in your overall wellbeing.

Are you ready to begin your journey to enhance your mental, physical, and emotional health?

Let's prioritize self-care and make the next 30 days count!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	29	30			



We've curated a list of **hints and tips** outlining daily activities you can engage in to enhance your physical, emotional, and mental wellbeing. These suggestions aim to support you in your journey towards your overall wellness. Use these actions or think of your own ideas to improve to take action to prioritise your wellbeing.

IMPROVE YOUR **PHYSICAL** WELLBEING

Get organized and plan some healthy meals for the week ahead. Eating a healthy, balanced diet with all the necessary vitamins helps with both physical and mental health.

Set aside some time to stretch your body, taking deep slow breaths and engaging with your core to relieve tension and support your de-stressing journey.

Visit <https://www.bupa.co.uk/newsroom/ourviews/waking-up-stretching>

Make sure you factor in regular screen breaks and take time away from your desk for lunch.

Green therapy: if you have a garden, go outside – if not, use your exercise time wisely and plan a route where you can get a nature fix – green is good!

Clean and organise your workspace/room

Get your sleep hygiene sorted: have a bath, wind down, minimise screen time, talk about how you feel, eat good food regularly

Get active: participate in a workout class, or search up one on Youtube.

IMPROVE YOUR **EMOTIONAL** WELLBEING

Write down 3 things you're grateful for. What might you take for granted, but really appreciate?

Communicate with your friends/family/colleagues about how you are feeling.

Reflect on your life so far. What have you accomplished over the past 5 years? What are you proud of? What has been your best achievement?

Practice self-awareness: Take time to identify and understand your emotions, thoughts and reactions as your emotions occur today

Positive affirmations: repeat affirmations, or write them on a post-it-note, "I am capable", "I am worthy"

Listen to uplifting music, take a short break and enjoy your favourite song or playlist that lifts your spirits and boosts your mood.

Mini-meditation: find a quiet spot, close your eyes and focus on your breath for a few minutes. Allow thoughts to come and go without judgement, returning your mind to your breath when it wanders.

IMPROVE YOUR **MENTAL** WELLBEING

Take our free online Individual Stress Test to identify areas for improvement.

<https://www.stress.org.uk/individual-stress-test/>

We will revisit this at the end of the 30 days to see if your score has improved!

Grounding exercise: 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, 1 thing you can taste

Stay connected. Arrange to meet for a catch up with a friend or family member you haven't seen in a while

Write down your strengths. What are some things people have said about you that made you feel good and strong?

Learn something new, like a new recipe! Learning something new can improve your confidence and mix up the day-in-day-out

Take time out to do something you enjoy; watching films, playing cards, reading... what brought you joy as a child?

Make a 'to do' list, get it all down on paper and then prioritise what needs to be done, and what can be planned for later.