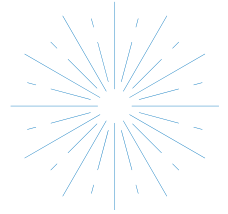




Stress Management Society
from distress to de-stress



LITTLE BY LITTLE JOURNAL



Little by little, a little becomes a lot...



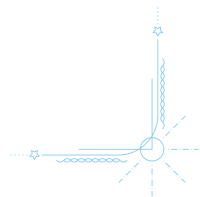
INTRODUCTION

Here at The Stress Management Society, we recognise that even the smallest of efforts to improve your mental health can have huge impacts.

That's why our theme of Stress Awareness Month 2024 is 'Little by Little'. This emphasises how even the smallest steps taken each day towards self-care and stress reduction can yield significant improvements in mental health over time.

We encourage you to focus on making one manageable adjustments to your daily routine. While the impact of small actions on their own may seem little, the cumulative effects of these habits can end up being profound!

Think of it like building a house – laying down a single brick may not seem significant, but eventually your efforts will begin to mould your mental health house. Small consistent efforts will lead to remarkable outcome!





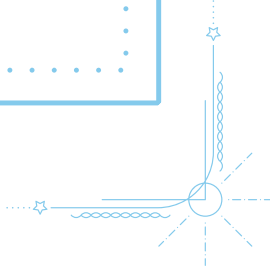
HOW TO USE THE LITTLE BY LITTLE JOURNAL



Choose one small action you will commit to everyday. This can be emotionally, mentally or physically focused, as long as it has a positive impact on your mental wellbeing.

This could be daily meditation, spending time in nature, 5 minutes of guided relaxation before bed, write one thing you are grateful for each day.

Using the art of mindfulness and journaling, use this resource to record your daily efforts to make this small change to your routine. Reflect how this small change affects your mental wellbeing and how you're feeling as you see the accumulation of these efforts.



WHAT WILL YOU COMMIT TO?

DO SOME
JOURNALLING

30 MINS OF
BEING 'TECH-
FREE' BEFORE
BED

WORDS OF
AFFIRMATION

MAKE YOUR
BED EACH
MORNING

20 MINS TO
DECLUTTER
YOUR SPACE

CHECK YOUR
PHONE AFTER
BREAKFAST

SET ACHIEVABLE
GOALS FOR THE
DAY

COLD
SHOWER

GET
CREATIVE

5 FRUIT/VEG
PER DAY

WRITE DOWN 1
THING YOU LOVE
ABOUT
YOURSELF

SET
LIMITATIONS
FOR
SCREENTIME

10 MINUTES
OF STRETCHING

TAKE A
LUNCHTIME
WALK

SELF-CARE
TIME

SPEND TIME
ON A HOBBY

BREATHWORK

LISTEN TO
MUSIC YOU
LOVE

DRINK 2
LITRES OF
WATER

PRACTICE
GOOD POSTURE

READ FOR 30
MINUTES A
DAY

SCHEDULE
TIME TO
UNWIND

WRITE DOWN 3
THINGS YOU'RE
GRATEFUL FOR

ENSURE YOU SLEEP
7-9 HOURS A NIGHT

GET SOME
FRESH AIR

LISTEN TO A
PODCAST
THAT INSPIRES
YOU

LAUGH WITH
FRIENDS OR
FAMILY

WATCH A
MOTIVATIONAL
TED TALK

PRACTICE
MINDFULNESS

ACTS OF KINDNESS
TOWARDS OTHERS

GUIDED
MEDITATION

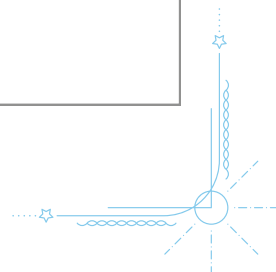
OR CHOOSE YOUR OWN ACTION!



MY COMMITMENT



MY WELLBEING GOALS



DAILY ACTION CHECK



Use this page to track your monthly progress in one place!

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

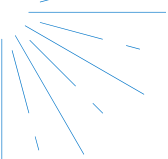
Day 26

Day 27

Day 28

Day 29

Day 30



DAY 1



Date:

Action Complete?

YES
NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

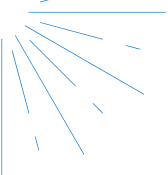
Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"The mind is like water. When it's turbulent, it's difficult to see. When it's calm, everything becomes clear."



- Buddha



DAY 2



Date:

Action Complete?

YES NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

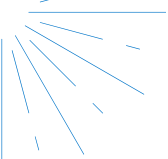
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"Happiness is not a goal; it's a by-product of a life well-lived."

- Eleanor Roosevelt



DAY 3



Date:

Action Complete?

YES

NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

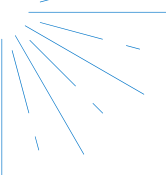
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"Happiness is not something ready-made.
It comes from your own actions."

- Dalai Lama



DAY 4



Date:

Action Complete?

YES
NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

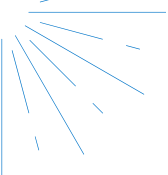
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"Self-care is not selfish. You cannot serve from an empty vessel."

- Eleanor Brownn



DAY 5



Date:

Action Complete?

YES

NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

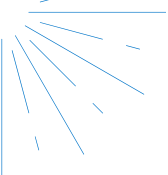
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"Nourish your mind, body, and soul. Self-care is how you take your power back."

- Lalah Delia



DAY 6



Date:

Action Complete?

YES
NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

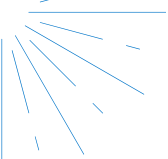
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"When you take care of yourself, you're a better person for others. When you feel good about yourself, you treat others better."

- Solange Knowles



DAY 7



Date:

Action Complete?

YES
NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

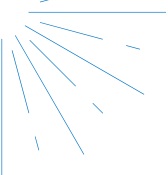
Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?

"Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort."



- Deborah Day





DAY 8



Date:

Action Complete?

YES
NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

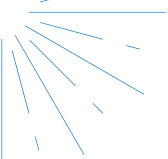
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"Happiness is not the absence of problems; it's the ability to deal with them."

- Steve Maraboli



DAY 9



Date:

Action Complete?

YES
NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

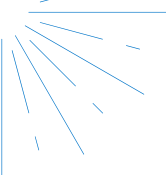
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"You can't pour from an empty cup. Take care of yourself first."

- Unknown



DAY 10



Date:

Action Complete?

YES
NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

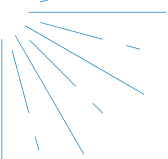
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"Take care of your body. It's the only place you have to live."

- Jim Rohn



DAY 11



Date:

Action Complete?

YES
NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

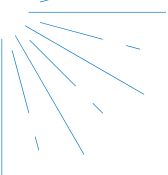
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"You don't have to control your thoughts.
You just have to stop letting them control you."

- Dan Millman



DAY 12



Date:

Action Complete?

YES
NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

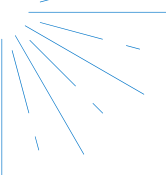
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"You are stronger than you know, braver than you believe, and smarter than you think."

- A.A. Milne



DAY 13



Date:

Action Complete?

YES
NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

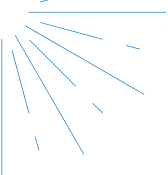
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"One small crack does not mean you are broken. It means you were put to the test and you didn't fall apart."

- Linda Poindexter



DAY 14

Date:

Action Complete?

YES NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

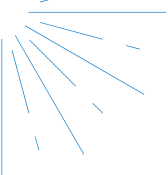
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"Your present circumstances don't determine where you can go; they merely determine where you start."

- Nido Qubein



DAY 15

Date:

Action Complete?

YES NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

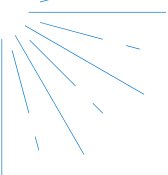
How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"Success is not the key to happiness.
Happiness is the key to success. If you
love what you are doing, you will be
successful."
- Albert Schweitzer



DAY 16



Date:

Action Complete?

YES
NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

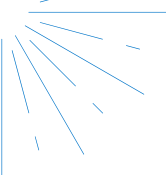
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"It is during our darkest moments that we must focus to see the light."

- Aristotle



DAY 17



Date:

Action Complete?

YES

NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

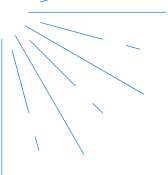
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."

- Buddha



DAY 18

Date:

Action Complete?

YES NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

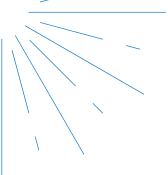
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"When you come out of the storm, you won't be the same person who walked in. That's what this storm's all about."
- Haruki Murakami





DAY 19



Date:

Action Complete?

YES
NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

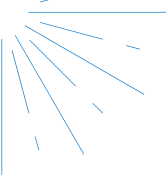
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"Surround yourself with only people who are going to lift you higher."

- Oprah Winfrey



DAY 20



Date:

Action Complete?

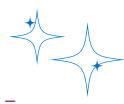
YES
NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

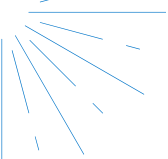
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"You are the sky. Everything else -
it's just the weather."

- Pema Chödrön



DAY 21



Date:

Action Complete?

YES
NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

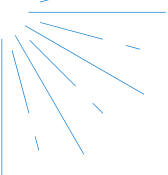
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"Every day may not be good, but there's something good in every day."

- Unknown



DAY 22



Date:

Action Complete?

YES

NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

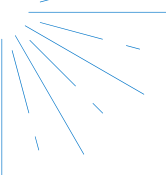
Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'"

- Mary Anne Radmacher





DAY 23



Date:

Action Complete?

YES

NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

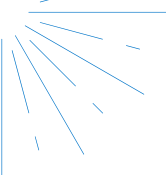
Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"In any given moment, we have two options:
to step forward into growth or to step back
into safety."

- Abraham Maslow





DAY 24



Date:

Action Complete?

YES
NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

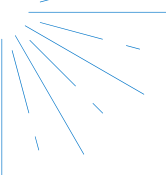
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"You are never too old to set another goal or to dream a new dream."

- C.S. Lewis



DAY 25



Date:

Action Complete?

YES

NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

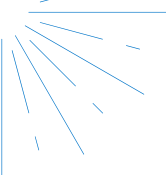
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"The only way out is through."

- Robert Frost



DAY 26



Date:

Action Complete?

YES
NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

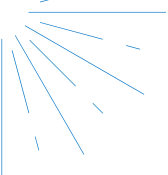
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"It's not what happens to you, but how you react to it that matters."

- Epictetus



DAY 27



Date:

Action Complete?

YES

NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

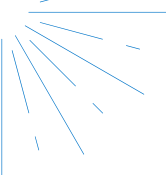
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"The struggle you're in today is developing the strength you need for tomorrow. Don't give up."

- Robert Tew



DAY 28



Date:

Action Complete?

YES

NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

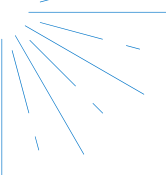
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"You've been given this life because you are strong enough to live it."

- Unknown



DAY 29



Date:

Action Complete?

YES
NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

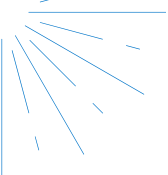
Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"You've been given this life because you are strong enough to live it."

- Unknown



DAY 30



Date:

Action Complete?

YES
NO

How did you incorporate your action for your wellbeing today?
If you didn't, why not?

How did completing, or not completing, your action impact how you felt today? Describe any emotions or observation that arose.

Reflect on whether your emotional response to today's action differs from previous days.
What factors may have contributed to these feelings?

Write down any thoughts or ideas that are lingering in your mind from today.
Is there anything you want to take action on tomorrow?



"Even the darkest night will end and the sun will rise."

- Victor Hugo