



# 30 Day Stress Check

## 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 ..."