



_30 Day Stress Check

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