



30 Day Challenge Stress Awareness

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 ..."

