



30-Day Stress Management Calendar



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Start your day with 2 minutes of mindful breathing	2 Tell a co-worker how much you appreciate them	3 Take a walk (maybe invite someone to go with you)	4 POSITIVE Self Talk	5 Take a stretch break every hour	6 Rediscover a favorite hobby
7 Plan your To Do list. Write it down.	8 RELAX Try to meditate 3 times this week before work.	9 Call to a friend	10 Goal today: Think POSITIVE	11 Try to abstain from smoking today—at least cut back.	12 Start a book just for fun	13 LOL lol lol Rent a funny movie
14 Journal anything you're anxious about in the coming week	15 Take the time to listen to nature	16 Drink more water (strive for 1/2 your weight in oz.)	17 Listen to your favorite music. Dance like nobodies watching!	18 TURN OFF YOUR PHONE	19 Book a spa total makeover!	20 Take a hike!
21 <i>Gratitude is the best Attitude</i>	22 Make a goal to try Yoga or Tai Chi this week	23 <i>Gratitude</i> Right down 3 things you are grateful for	24 Minimize your intake of caffeine	25 Mindful Eating Are you hungry or stressed?	26 Meet friends for lunch or dinner	27 WEEKEND GETAWAY
28 Go to bed early tonight—start your week refreshed	29 Plan a vacation	30 Smile often!				