

30 DAY CHALLENGE STRESS AWARENESS



FOCUS ON POSITIVE HABITS TO
SUPPORT MENTAL WELLBEING

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

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 ..."



#STRESSAWARENESS | #30DAYCHALLENGE

