

# April: Stress Awareness Month 30 Day Challenge

Get involved in our **30 Day Challenge** for Stress Awareness Month! Each challenge is designed to enhance mental, physical and social wellbeing, as well as raise awareness about coping strategies for stress. Whether you print out the calendar for your workplace or do these challenges from home, **share how you are participating** by tagging us on social media and using the hashtag:

**#CBStressAwarenessChallenge**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Take a moment to <b>reflect</b>	<b>2</b> <b>Reconnect</b> with a friend	<b>3</b> <b>Take a break</b> from work	<b>4</b> Do some <b>stretching</b>	<b>5</b> Put your <b>gratitude</b> in writing	<b>6</b> Do a <b>physical</b> activity	<b>7</b> <b>Invite</b> someone out
<b>8</b> Connect with <b>nature</b>	<b>9</b> Put on your favourite <b>movie or song</b>	<b>10</b> Sitck to your <b>to-do list</b>	<b>11</b> <b>Put your phone</b> down	<b>12</b> Aim to drink <b>two litres</b> of fluids	<b>13</b> Read about and practise <b>mindfulness</b>	<b>14</b> Notice and adjust your <b>posture</b>
<b>15</b> Give some time for your <b>hobbies</b>	<b>16</b> <b>Relax</b> and get an early night's sleep	<b>17</b> Have a workspace <b>clear out</b>	<b>18</b> <b>Learn</b> something new today	<b>19</b> <b>Invite</b> your colleagues to lunch	<b>20</b> Connect with your <b>five senses</b>	<b>21</b> <b>Treat</b> yourself
<b>22</b> Go and <b>explore</b>	<b>23</b> Perform a random act of <b>kindness</b>	<b>24</b> Book some <b>annual leave</b>	<b>25</b> Learn about your <b>wellbeing initiatives</b>	<b>26</b> Choose a <b>healthier</b> option	<b>27</b> Research <b>volunteering</b> opportunities	<b>28</b> Give someone a <b>phone call</b>
<b>29</b> Try some <b>5, 4, 3, 2, 1 breathing</b>	<b>30</b> Take time to <b>reflect</b> on the last month					

**Dimensions of wellbeing:**

Mental    Physical    Social

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## Mental Wellbeing



Mental Wellbeing can sometimes be seen as the centre of wellbeing. Mental Wellbeing combines how we feel (emotional wellbeing) and how we function (thoughts and behaviours).

## Physical Wellbeing



Physical Wellbeing goes beyond exercising regularly. It is a multifaceted area of wellbeing that has a positive impact on other areas of wellbeing and includes looking holistically at physical health and healthy behaviours.

## Social Wellbeing



Social Wellbeing is the creation and maintenance of healthy relationships and having meaningful connections to the people around you. Improving social wellbeing can have a positive impact on our physical and mental wellbeing.

*Sat 1 Apr 2023*

## Take a moment to reflect

Write down your thoughts. What challenged you? What did you overcome? What do you hope to achieve?



*Sun 2 Apr 2023*

## Reconnect with a friend

Send a message to a friend or family member who you haven't spoken to in a while.



*Mon 3 Apr 2023*

## Take a break from work

Set aside five minutes every hour to get up from your workstation and have a breath, walk around and make sure you are taking a quick break from work.



*Tue 4 Apr 2023*

## Do some stretching

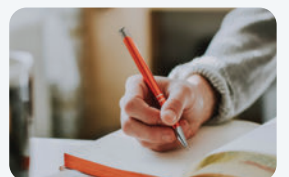
Do some stretching, especially if you have been sat down all day! Focus on your neck, shoulders, hips and back.



*Wed 5 Apr 2023*

## Put your gratitude in writing

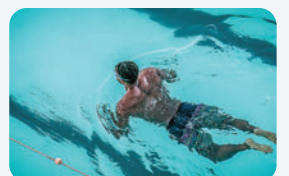
Write down three things that made you smile today. If that makes you smile again, think about three people you are grateful for as well.



*Thu 6 Apr 2023*

## Do a physical activity

It doesn't have to be a sport, it can just be going for a walk or getting up and having a dance. Whatever you're comfortable and capable of.



*Fri 7 Apr 2023*

## Invite someone out

It can be for a meal, drinks, a walk or a new activity. Maybe even a quick coffee or tea break at work. Think about who you haven't spoken to in a while or if an activity you're doing has room for one more!





*Sat 8 Apr 2023*

## Connect with nature

Go out and breath fresh air. Go camping, hiking or for a swim.



*Sun 9 Apr 2023*

## Put on your favourite movie or song

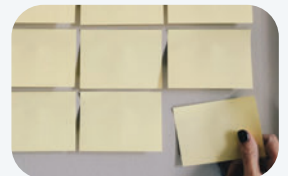
Stick on your favourite movie, start reading your favorurite book, blast your favourite song or eat your favourite meal.



*Mon 10 Apr 2023*

## Stick to your to-do list

Try not to keep adding to your list today so you can reduce the feeling of being overwhelmed. Completing a to-do list gives you a sense of achievement.



*Tue 11 Apr 2023*

## Put your phone down

Set aside an hour before bed to not look at any screens.



*Wed 12 Apr 2023*

## Aim to drink two litres of fluids

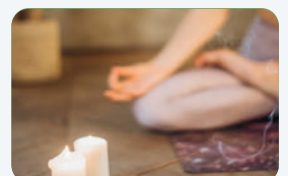
Aim to drink at least 2 litres of fluids. This also means no sugary drinks and not overdoing it with caffeine!



*Thu 13 Apr 2023*

## Read about and practise mindfulness

Try online exercises to increase awareness of the moment. We run a mindfulness training session that is tailored towards how these ideas can be applied in a workplace setting. Get in touch to learn more.



*Fri 14 Apr 2023*

## Notice and adjust your posture

Pay attention to your posture throughout the day and adjust it to avoid back pain.



*Sat 15 Apr 2023*

## Give some time for your hobbies

Pick your hobby back up or consider starting a new hobby.



*Sun 16 Apr 2023*

## Relax and get an early night's sleep

Get an early night's sleep in preparation for the week ahead.



*Mon 17 Apr 2023*

## Have a workspace clear out

Clean up your workspace for the better focus of mind.



*Tue 18 Apr 2023*

## Learn something new today

It doesn't have to be a whole subject, just a snippet of new information. Every day's a school day!



*Wed 19 Apr 2023*

## Invite your colleagues to lunch

Get a takeout or eat out in a cafe and catch up on each other's life, but don't talk about work!



*Thu 20 Apr 2023*

## Connect with your five senses

Name five things you can see, smell, touch, hear. Connecting with your senses helps you to refocus when you're feeling overwhelmed.



*Fri 21 Apr 2023*

## Treat yourself

Have some dessert, buy yourself a gift or do whatever you feel like doing to treat yourself.



*Sat 22 Apr 2023*

## Go and explore

Go to a place that you've wanted to check out or revisit your favourite place.



*Sun 23 Apr 2023*

## Perform a random act of kindness

Help someone out, give a compliment and always remember that it will come back to you.



*Mon 24 Apr 2023*

## Book some annual leave

Take leave and do the things you have been wanting to do! Don't keep putting it off and make some plans outside of work!



*Tue 25 Apr 2023*

## Learn about your wellbeing initiatives

Get familiar with your organisation's wellbeing initiatives e.g. EAPs, Wellbeing Programmes, Wellness Ambassadors. If you are interested in Wellbeing training programmes, get in touch with our team.



*Wed 26 Apr 2023*

## Choose a healthier option

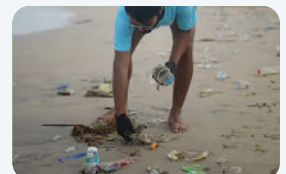
Make the conscious effort to choose a healthier option. This can be a meal choice, a walk instead of a bus ride or cutting out a sugary drink. Let us know which healthier option you choose!



*Thu 27 Apr 2023*

## Research volunteering activities

Do some research on volunteering opportunities that you can get involved in where you are based. Find out if your organisation offers volunteer leave.



*Fri 28 Apr 2023*

## Give someone a phone call

Call someone you forgot to call back or haven't spoken to in a while. Take some time to see how they're doing and have a real conversation over the phone.



Sat 29 Apr 2023

## Try some 5, 4, 3, 2, 1 breathing

Try the 5, 4, 3, 2, 1, Breathing Exercise: Inhale for 5 seconds, hold for 5 seconds, exhale for 5 seconds. This is a great way to calm the adrenaline spike when you are stressed.



Sun 30 Apr 2023

## Reflect on the last month

How has the last month been for you? Have you noticed any changes? Will you be changing any of your habits to reduce your stress in the future? Have you learnt any new coping mechanisms for stress?



### Share your progress with us on Social Media

## #CBStressAwarenessChallenge

 *CommunityBusinessLtd*

 *CB\_Asia*

 *Community-Business*

### Get involved with other Wellbeing initiatives

Just because it was set out as a 30-day challenge doesn't mean you can't keep going with any of these activities. Keep going and let us know how you get on! Reach out to Community Business if you want to explore other ways to support your wellbeing.

## CONTACT DETAILS

To inquire about our Wellbeing training programmes, visit our website or get in touch with our Wellbeing Programme Manager, Chris Mack.



### **Chris Mack**

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 **GET IN TOUCH**

 **READ CHRIS' BIO**

 **VISIT OUR WEBSITE**