



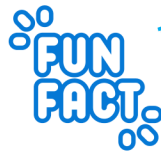
STRESS IS A NORMAL PART OF HUMAN EXISTENCE, YOU ARE NOT ALONE.

ACTIVITIES TO HELP REDUCE STRESS

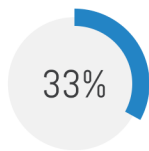


YOGA is often thought as the gold standard for stress and anxiety relief.

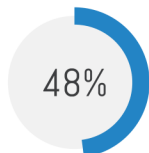
BREATHING EXERCISES can help calm you down and re-center when your in a stressful situation.



A NAP LASTING 10-20 MINUTES IS IDEAL FOR IMPROVING VIGILANCE, CONCENTRATION AND ENERGY.



33% OF AMERICANS LIVE WITH EXTREME STRESS



48% OF AMERICANS MENTION THAT STRESS HAS A NEGATIVE IMPACT ON THEIR PESONAL LIFE



THE GREATEST WEAPON AGAINST STRESS IS OUR ABILITY TO CHOOSE ONE THOUGHT OVER ANOTHER.

-William James





5 SENSES TO HELP MANAGE STRESS

1. **SIGHT:** FIND AN AREA WITH NATURAL LIGHT.
2. **SMELL:** ENJOY SOME FRESH AIR.
3. **TASTE:** SIP ON SOME HOT TEA.
4. **TOUCH:** SNUGGLE WITH YOUR ANIMAL OR BLANKET.
5. **SOUND:** SING ALONG TO YOUR FAVORITE SONG.



MONTHLY MENTAL HEALTH GOAL: _____

APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> 	<p>2</p> <p>National PB & J Day</p> 	<p>3</p> <p>MEDITATE FOR 15 MINUTES</p>	<p>4</p> <p>COPE WITH STRESS</p> <p>https://www.talkspace.com/blog/stress-management-techniques/</p>	<p>5</p> <p>National Self Care Day</p> 	<p>6</p>
7	<p>8</p> 	<p>9</p> <p>TYPES OF STRESS</p> <p>https://www.talkspace.com/blog/types-of-stress/</p>	<p>10</p> <p>“Relax. No one else knows what they’re doing either.” —Ricky Gervais</p>	<p>11</p> 	<p>12</p> <p>GO ON A 30 MINUTE WALK</p>	<p>13</p>
14	<p>15</p> <p>“My key to dealing with stress is simple: just stay cool and stay focused.” —Ashton Eaton</p>	<p>16</p> 	<p>17</p> <p>JOURNAL FOR 30 MINUTES</p>	<p>18</p> <p>National College Student Grief Awareness Day</p> 	<p>19</p> <p>IMPACTFUL BENEFITS</p> <p>https://www.talkspace.com/blog/benefits-of-grief-counseling/</p>	<p>20</p>
21	<p>22</p> <p>Social Anxiety Test</p> <p>https://www.talkspace.com/assessments/social-anxiety-test</p>	<p>23</p> <p>TAKE A 30 MINUTE NAP</p>	<p>24</p> 	<p>25</p> <p>“In the middle of difficulty lies opportunity.” —Albert Einstein</p>	<p>26</p> 	<p>27</p>
28	<p>29</p> 	<p>30</p> <p>National Therapy Animal Day</p> 				

TO-DO LIST

