

# NO PANIC'S 30-DAY STRESS AWARENESS CHALLENGE



## FACTS:

- It takes just 30 days to turn actions into habits.
- Small steps lead to great journeys.
- You are what you believe yourself to be.
- Every change begins with the decision to take action.

| SUN                                    | MON                                    | TUE                           | WED                                         | THU                                       | FRI                                    | SAT                                                |
|----------------------------------------|----------------------------------------|-------------------------------|---------------------------------------------|-------------------------------------------|----------------------------------------|----------------------------------------------------|
|                                        |                                        |                               |                                             | 1 Start a gratitude journal               | 2 Increase your water intake           | 3 Write down 5 positive things from today          |
| 4 Do a 15-minute relaxation exercise   | 5 Go for a walk                        | 6 Start a new hobby           | 7 Listen to a motivational podcast          | 8 Exercise for 15 minutes                 | 9 Watch a funny film                   | 10 Write down 5 things you like about yourself     |
| 11 Do a 15-minute breathing exercise   | 12 Tidy a drawer or a cupboard         | 13 Do a word or number puzzle | 14 Set a goal and achieve it                | 15 Declutter your wardrobe                | 16 Dance to your favourite tunes       | 17 Write a happy letter/email to someone           |
| 18 Do a 15-minute mindfulness exercise | 19 Catch up with a friend              | 20 Pamper yourself            | 21 Text a joke or funny story to 5 contacts | 22 Donate to a local charity shop         | 23 Have a games evening                | 24 Write an inspirational to do list for next week |
| 25 Do a 15-minute yoga exercise        | 26 Listen/sing to your favourite music | 27 Plan & cook a healthy meal | 28 Compliment everyone you meet             | 29 Have a video call with a family member | 30 Plan a new 30-day challenge for May |                                                    |