**Refresh From Stress: 30-Day Inspiration**

**OCTOBER 1-30, 2020**

**Instructions:** Each day make time to practice a simple strategy to help you refresh from stress. Choose an activity from the options provided for the weekly theme or pick your own. Feel free to repeat an activity or select a new one each day. Find detailed descriptions of the activities on the Activity Resource Guide.

<table>
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<tr>
<th>THEME</th>
<th>ACTIVITY OPTIONS</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
</table>
| **RESILIENCE**      | • List Reasons to Refresh  
                      • Set & Share Your SMART Goal  
                      • Assess Your Distress  
                      • Embrace Change  
                      • Practice Letting Go  
                      • Enhance Emotional Intelligence  
                      • Expand Your Support System  
                      • Find “Silver Linings” |        |          |           |          |        |          |        |
| **SELF-CARE**       | • Schedule "Me Time"  
                      • Sleep at Least 7 Hour  
                      • Stop & Stretch  
                      • Eat a Healthy Meal/ Snack  
                      • De-clutter  
                      • Increase Physical Activity  
                      • Say Yes to Less  
                      • Pause for Play |      5  |          |         6 |        7  | 8       | 9       | 10     | 11     |
| **SOCIAL CONNECTIONS** | • Share Your Smile  
                      • Take a Laughter Break  
                      • Give a "Shout Out"  
                      • Embrace Diversity  
                      • Learn & Practice Social Justice  
                      • Support Others  
                      • Visit with a Friend (Safely)  
                      • Enjoy Fun Activity with Family/Pet |     12 |        13 |         14 | 15       | 16     | 17      | 18     |
| **MINDFULNESS**     | • Practice Mindful Breathing  
                      • Notice Your Mood & Senses  
                      • Connect with Nature  
                      • Listen Carefully  
                      • Take a Break to Meditate  
                      • Unplug from News & Social Media  
                      • Eat Slowly and Mindfully  
                      • Take a Refresh Walk |       19 |          |        20 |         21 | 22      | 23      | 24     | 25     |
| **GRATITUDE**       | • Learn Benefits of Gratitude  
                      • List 3 Reasons You Are Grateful  
                      • Write a Thank-You Note  
                      • Find Positives in Mistake/Regret  
                      • Accept Compliments Graciously  
                      • Practice Random Kindness  
                      • Share Team Accomplishments  
                      • Start a Gratitude Chain |      26 |          |        27 |         28 | 29      | 30      | 31     | 31     |

**Find detailed descriptions of the activities on the Activity Resource Guide.**

- **Don’t forget to track on Healthy Emory Connect to be eligible for HEC points and prize drawings!**