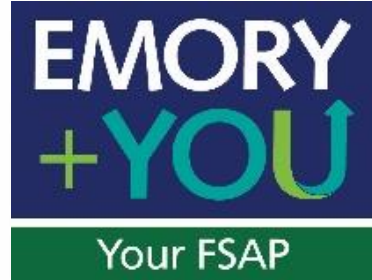


# Refresh from Stress: 30-Day Inspiration

## 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**.

THEME	ACTIVITY OPTIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>RESILIENCE</b>	<ul style="list-style-type: none"> <li>List Reasons to Refresh</li> <li>Set &amp; Share Your SMART Goal</li> <li>Assess Your Distress</li> <li>Embrace Change</li> <li>Practice Letting Go</li> <li>Enhance Emotional Intelligence</li> <li>Expand Your Support System</li> <li>Find "Silver Linings"</li> </ul>	 <p>Find detailed descriptions of the activities on the <b>Activity Resource Guide</b>.</p>			1	2	3	4
<b>SELF-CARE</b>	<ul style="list-style-type: none"> <li>Schedule "Me Time"</li> <li>Sleep at Least 7 Hour</li> <li>Stop &amp; Stretch</li> <li>Eat a Healthy Meal/Snack</li> <li>De-clutter</li> <li>Increase Physical Activity</li> <li>Say Yes to Less</li> <li>Pause for Play</li> </ul>	5	6	7	8	9	10	11
<b>SOCIAL CONNECTIONS</b>	<ul style="list-style-type: none"> <li>Share Your Smile</li> <li>Take a Laughter Break</li> <li>Give a "Shout Out"</li> <li>Embrace Diversity</li> <li>Learn &amp; Practice Social Justice</li> <li>Support Others</li> <li>Visit with a Friend (Safely)</li> <li>Enjoy Fun Activity with Family/Pet</li> </ul>	12	13	14	15	16	17	18
<b>MINDFULNESS</b>	<ul style="list-style-type: none"> <li>Practice Mindful Breathing</li> <li>Notice Your Mood &amp; Senses</li> <li>Connect with Nature</li> <li>Listen Carefully</li> <li>Take a Break to Meditate</li> <li>Unplug from News &amp; Social Media</li> <li>Eat Slowly and Mindfully</li> <li>Take a Refresh Walk</li> </ul>	19	20	21	22	23	24	25
<b>GRATITUDE</b>	<ul style="list-style-type: none"> <li>Learn Benefits of Gratitude</li> <li>List 3 Reasons You Are Grateful</li> <li>Write a Thank-You Note</li> <li>Find Positives in Mistake/Regret</li> <li>Accept Compliments Graciously</li> <li>Practice Random Kindness</li> <li>Share Team Accomplishments</li> <li>Start a Gratitude Chain</li> </ul>	26 Benefits Annual Enrollment Opens	27	28	29	30	31 Don't forget to track on Healthy Emory Connect to be eligible for HEC points and prize drawings!	