



Refresh From Stress: 30-Day Inspiration

OCTOBER 1-30, 2021

Instructions: Each day make time to practice a strategy to help you *refresh from stress*. Either choose an activity from the options provided for each 10-day 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	
<u>SELF-CARE</u>	<ul style="list-style-type: none"> Schedule "Me Time" Schedule Preventive Health Screenings/Exams Plan a Vacation Step Away for Lunch Sleep at Least 7 Hours Stop & Stretch 	  Activity Resource Guide					1 <i>Kick-off</i> SELF-CARE	2	3
<u>SELF-CARE</u>	<ul style="list-style-type: none"> Eat a Healthy Meal/Snack De-clutter Increase Physical Activity Say Yes to Less Pause for Play Time Take a Refresh Walk 	4	5	6	7	8	9	10	
<u>SOCIAL CONNECTIONS</u>	<ul style="list-style-type: none"> Share Your Smile Take a Laughter Break Give a "Shout Out" Embrace Diversity & Inclusion Practice Social Justice Support Others Visit with a Friend (Safely) Enjoy Time with Family/Pet 	11 <i>Cheer-on</i> SOCIAL CONNECTIONS	12	13	14	15	16	17	
<u>SOCIAL CONNECTIONS & MINDFULNESS</u>	<ul style="list-style-type: none"> Expand Your Support System Reconnect with a Colleague Embrace Emory Community Pay it Forward Practice Mindful Breathing Notice Your Mood & Senses Connect with Nature Listen Carefully 	18	19	20	21 <i>Slide-into</i> MINDFULNESS	22	23	24	
<u>MINDFULNESS</u>	<ul style="list-style-type: none"> Take a Yoga Meditation Break Assess Your Distress Practice Compassion Unplug from Social Media Eat Slowly and Mindfully Find "Silver Linings" Live in the Moment Make Mindfulness a Routine 	25 Benefits Annual Enrollment Opens	26	27	28	29	30 Congrats, you made it to the end of Refresh From Stress! <i>Keep refreshing!</i>	31 Don't forget to track on Healthy Emory Connect to be eligible for HEC points and prize drawings!	