

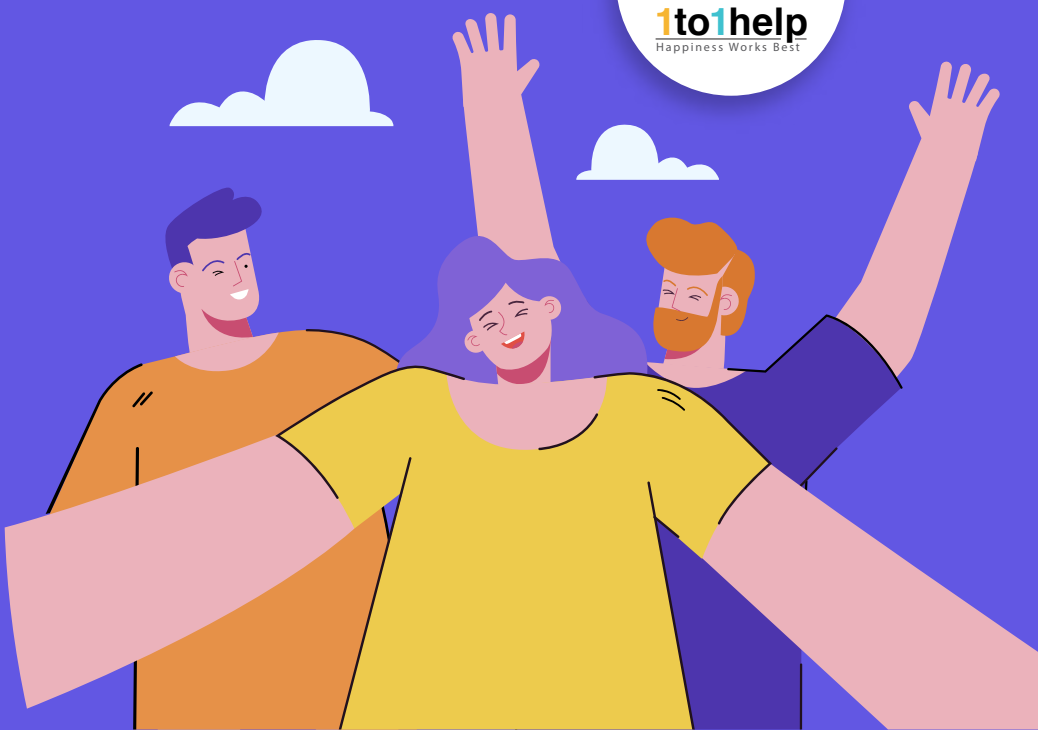
Secure From Stress

November



Go from distress to de-stress with this month-long activity! The first week of the calendar is dedicated to help you understand the extent and impact of your stress, whereas the remaining weeks have tips and suggestions to help you manage it.

Follow through to optimise your well-being!



SUN	MON	TUE	WED	THU	FRI	SAT
	01 Take 5 minutes to assess how you're feeling. Explore why you feel this way and how you can improve your mood.	02 See if your stress has been affecting your health. Analyse your sleep, posture & breathing.	03 Notice the negatives and positives of your day. Analyse what is causing this negativity.	04 Reflect on a few changes you have gone through recently. How are they affecting your life?	05 Re-evaluate your self-talk. Are you constantly complaining about things? Or it's just one event?	06 Evaluate your budget. For many people, their finances are a big source of stress, see if it's true for you.
07 Let it go. End the week of reflection by letting go of what is not in your control.	08 Get some vitamin D. Begin the day with a short morning walk in the sun.	09 Feelings are not facts. Remember this and use it in situations that overwhelm you.	10 Try positive self-talk. Choose one thing you like about your life or yourself. Use it to appreciate yourself.	11 Laugh out loud. Start the day by watching a small clip of your favourite comedy to start your day right!	12 Be one with nature. Plan a hike or a short trip to a local park. Make time for nature.	13 Practise self-care. Set aside 15–30 minutes today to do an activity that helps you unwind.
14 Plan your week. Chalk out days for chores, space out errands, allow enough time for unplanned roadblocks.	15 Start you day mindfully. On waking up, focus on your breathing for a minute.	16 Get moving! Do 30 minutes of activity today – walk, jog, etc. You can break this up into three 10-minute sessions.	17 Plan a relaxing lunch. Schedule a lunch break with no work. Eat a healthy, delicious meal.	18 Prioritise sleep. Go to bed earlier tonight. Remove all digital devices from your bedroom, instead unwind with a book.	19 Make a to-do list. Attend to only those tasks that need immediate attention.	20 Try something new. Take a break from the usual. Have a breakfast picnic or try a new hobby.
21 Do tech-free Sunday! Spend your day without digital devices. Only use them for necessary communication.	22 Express gratitude. Take time out to thank someone who supported you. Write an email or call them.	23 Choose kindness over criticism. Practice being kinder to yourself and others today.	24 Make smart goals. Break your goals for the day into small, bite-sized ones and reward yourself for achieving them.	25 Remember. Take a moment to pause and think of a happy memory. Try to remember all the details.	26 Reconnect. Make time to catch up with a loved one who you have not been in touch with for a while. Plan a phone or video call.	27 Be flexible. Give up pursuit of perfection for a day. Try meeting someone halfway on a project or a personal issue.
28 Meditate. Find a quiet spot, close your eyes and take 10 long deep breaths.	29 Plan finances. Evaluate your monthly budget and ensure that it serves your most pressing needs for the coming month.	30 Stop procrastination. Do an unpleasant task that you've been putting off and watch your worries melt away!				

Remember, we cannot control our stressors, but we can control how we react to them! Share this calendar with your loved ones to help them de-stress.