

# Refresh from Stress: 30-DAY INSPIRATION

## NOVEMBER 1–30, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>THE BASICS: FUNDAMENTALS OF SELF CARE</b>			<b>1</b> Create your Self-care Pledge	<b>2</b> Sleep at Least 7 Hours	<b>3</b> Increase Physical Activity	<b>4</b> Stress-Less Saturday	<b>5</b> Eat a Healthy Meal
<b>MINDFUL ANYTHING MIND YOU</b>	<b>6*</b> Join the Mindfulness Movement	<b>7</b> Practice Mindful Breathing	<b>8</b> Take a Release Walk	<b>9</b> Notice how your Surroundings Affect your Mood	<b>10</b> Practice Mindful Self-talk	<b>11</b> Unplug from Technology	<b>12</b> Practice Mindful Eating
<b>SOCIAL CONNECTION EMBRACE</b>	<b>13</b> Share your Smile	<b>14</b> Enjoy Break Time with a Coworker/Team	<b>15</b> Take a Laughter Break	<b>16</b>  Support Others	<b>17</b> Embrace Cultural Cuisine and Conversation	<b>18</b> Engage in a Fun Activity with Family/Pet/Friend	<b>19</b> Reconnect With an Old Friend
<b>GRATITUDE GREAT-FULL</b>	<b>20</b> Recognize Benefits of Gratitude	<b>21</b> Share Team Accomplishments	<b>22</b> Compliment Someone Else and Yourself	<b>23</b> Write 3 Things you are Grateful For	<b>24</b> Find Positive Outcome from a Mistake or Regret	<b>25</b> Write a “Thank You” Note	<b>26</b> Pay It Forward (share activity from this week)
<b>RESILIENCE SUSTAIN!</b>	<b>27</b> Watch 3-min TED Talk: <i>How to Make Stress Your Friend</i>	<b>28</b> Choose and Practice Resilience	<b>29</b> Reframe: Obstacle to Opportunity	<b>30</b> Engage in Staying Refreshed			

*Breathe, relax and have fun!*

**\*NOTE: BENEFITS ANNUAL ENROLLMENT ENDS NOVEMBER 6, 2017**



**Faculty Staff  
Assistance Program**

EMORY