**Refresh From Stress: 30-Day Inspiration**  
**OCTOBER 1-30, 2019**

**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.

<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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<th>SUNDAY</th>
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</table>
| **SELF-CARE**          | • Schedule “Me Time”  
  • List Reasons to Refresh  
  • Sleep at Least 7 Hours  
  • Stop and Stretch  
  • Eat a Healthy Meal/ Snack  
  • Declutter  
  • Increase Physical Activity  
  • Pause for Play Time | 1      | 2       | 3        | 4        | 5      | 6        |
| **SOCIAL CONNECTIONS** | • Share Your Smile  
  • Take a Laughter Break  
  • Make Face 2 Face Contact (vs Email)  
  • Embrace Diversity  
  • Support Others  
  • Invite a Colleague to Lunch or Coffee  
  • Reconnect with an Old Friend  
  • Enjoy Fun Activity with Family/Pet/Friend | 7      | 8       | 9        | 10       | 11     | 12       | 13     |
| **MINDFULNESS**        | • Practice Mindful Breathing  
  • Notice your Mood & Senses  
  • Compliment Self & Others  
  • Connect with Nature  
  • Listen Carefully  
  • Take a Refresh Walk  
  • Unplug from Social Media  
  • Eat Slowly and Mindfully | 14     | 15      | 16       | 17       | 18     | 19       | 20     |
| **GRATITUDE**          | • Learn Benefits of Giving Gratitude  
  • Name 3 Things You’re Grateful For  
  • Give Thanks  
  • Find Positives in Mistake/Regret  
  • Accept Compliments Graciously  
  • Practice Random Kindness  
  • Share Team Accomplishments  
  • Start a Gratitude Chain | 21     | 22      | 23       | 24       | 25     | 26       | 27     |
| **RESILIENCE**         | • Assess Your Distress  
  • Say Yes to Less  
  • Practice Positive Self-Talk  
  • Embrace Change  
  • Enhance Emotional Intelligence  
  • Expand Your Support System  
  • Practice Letting Go  
  • Bounce Back Better (Action plan) | 28 Benefits Annual Enrollment Opens | 29 | 30 | 31 Don’t forget to track on Healthy Emory Connect |