

Refresh from Stress: 30-DAY INSPIRATION

OCTOBER 1–30, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
THE BASICS FUNDAMENTALS OF SELF-CARE	1 Create your Self-care Pledge	2 Sleep at Least 7 Hours	3 De-Clutter	4 Eat a Healthy Meal	5 Increase Physical Activity	6 Pamper Yourself	7 Stress-Less Sunday
MINDFUL ANYTHING MIND YOU	8 Join the Mindfulness Movement	9 Practice Mindful Breathing	10 Notice how your Surroundings Affect your Mood	11 Take a "Refresh Walk"	12 Practice Mindful Self-talk	13 Unplug from Technology	14 Stress-Less Sunday
SOCIAL CONNECTION EMBRACE	15 Share your Smile	16 Enjoy Break Time with a Coworker/Team	17 Take a Laughter Break	18 Support Others/Pay it Forward	19 Embrace Cultural Cuisine & Conversation	20 Reconnect with an Old Friend	21 Stress-Less Sunday
GRATITUDE GREAT-FULL	22 Recognize Benefits of Gratitude	23 Share Team Accomplishments	24 Compliment Someone Else and Yourself	25 Write 3 Things you are Grateful For Today	26 Find Positive Outcome from a Mistake/Regret	27 Write a "Thank You" Note	28 Stress-Less Sunday
RESILIENCE SUSTAIN	29* Bounce Back Better	30 Keep Refreshing & Inspiring	Don't Forget to Log your Activities!	<i>Breathe, relax and have fun!</i>			

*NOTE: BENEFITS ANNUAL ENROLLMENT OPENS OCTOBER 29, 2018

