

April is Stress Awareness Month



How are you alleviating stress during Stress Awareness Month? Check out our daily tips and some wellbeing and engagement resources:

Webinar: Boosting Financial Wellbeing: How to Address the No.1 Employee Priority in 2024

Workshop: Building a World-Class Recognition and Reward Program to Strengthen Connection and Culture

eBook: 15 Benefits to Truly Make a Difference in Your Employees' Lives

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01 Write down 3 things you're grateful for.	02 Notice and name your emotions and give yourself permission to feel all of them.	03 Learn what psychosocial hazards could impact employees' psychological safety and stress levels.	04 Block out time in your calendar this week to go for a walk.	05 Write an "I did" list instead of just focusing on your "to do list".	06 If you find yourself ruminating and rerunning a conversation in your mind, cut that short (like a director saying "CUT!").	07 Simply do something fun!
08 Read a book this week that will make you pause and reflect.	09 Listen to music that makes you happy, have a little impromptu dance party!	10 Make food choices that will make you feel nourished and strengthened.	11 Breathe, breathe, breathe - open mouth, deep belly breaths!	12 Find a private space and say these words out loud: "I am safe. I am strong. I am enough."	13 Prioritise spending time with family and friends and get a little joy this weekend!	14 Decompress with a spot of gardening, whether that's outdoor or indoor plants, spending time around greenery is always calming.
15 If you have a long to-do list, be proactive and just pick one thing to tick off.	16 Tackle the hardest thing first each day, this gives you momentum for the day ahead and reduces procrastination and stress.	17 Try out meditation! Take just 5-10 minutes out of your day to re-centre.	18 Look for quiet spaces to spend time in, take time out and change your environment if you feel yourself getting overwhelmed.	19 Do some exercise that brings you joy, whether that's a walk, a swim or a game of tennis.	20 Instead of scrolling through your phone today, draw, colour or paint something!	21 Take a day to notice the small things that bring you joy, actively acknowledge what these things are and write them down.
22 Examine how you talk to yourself - are you treating yourself with compassion and kindness?	23 Reach out to a colleague and ask how they're feeling, showing care and building connection is a great way to alleviate stress.	24 Do a step challenge to encourage yourself to get outside and get active.	25 Think of someone who's influenced and inspired you, write them a note to say thanks.	26 See what mental health support your employer offers, how can you use existing resources to reduce stress?	27 Spend some time in nature, go for a walk in a place that calms you and try not to think about work or any other stressors.	28 Go for a long lunch with family or friends, enjoy a leisurely lunch with great food and conversation.
29 Have a bath or go for a swim - water is a great resetter.	30 End the month by again writing 3 things you're grateful for, consider how this month of actively alleviating stress has shifted your mindset.					