



Stress Management Society
from distress to de-stress

30 Day Challenge

Hints, Tips & Tricks



DIAGNOSE



DEVELOP



THRIVE

30 Day Challenge Daily Tips

| Physical | Mental | Emotional |
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| If you're working from home, take regular screen breaks – get up and move! | Keep a thought journal – this will help you to rationalise your thought process | Practice mindfulness – Judy from Balance Time is leading some mini-meditations at www.facebook.com/TimeforBalance |
| Get a good night's sleep, how is your sleep hygiene? | Hannah is running a Yoga for Sleep series at www.facebook.com/hannahyogatherapy | Connect with people – check in with your support network; are they ok, are you ok? Pick up the phone and find out! |
| Grow your own food – it's as easy as slicing a tomato and burying it in some soil! | Plan something to look forward to in the future – write a daily note of what you want to do and put it in an 'I look forward to...' or 'Do something' jar | Ask for help if you need it – it's ok not to be ok |
| Green therapy: if you have a garden, go outside – if not, use your exercise time wisely and plan a route where you can get a nature fix – green is good! | Start reading a new book or finish one you gave up on! Find free reads at https://m.feedbooks.com/publicdomain | Keep a mood/feelings journal to write down how you are feeling |
| Keep hydrated. Drink plenty of water throughout the day, avoid that vicious cycle; thirsty because you're stressed and stressed because your thirsty | Mindful colouring. The amazingly talented Sam Antolik has designed a Stress Relief Audit Colouring Book. Download from www.stress.org.uk/samresources2020 | Write a gratitude letter. What are you grateful for? What did you take for granted and really appreciate? |
| Go for a walk: even if you don't feel like it, you must have a change of scene – the Vitamin D is good for your mood and immunity | Listen to a new podcast, we recommend Life Changing Conversations go to www.soundcloud.com/user-112824117 | Communicate with your friends/family/colleagues about how you are feeling. You could try using The Bridge as a way to communicate https://youtu.be/12qq9hR6zVA |
| Eat a healthy, balanced diet to look after your Bridge https://youtu.be/QO13yNvBLtk?t=61 | Write down your strengths: what are some of the things people have said about you that have made you feel good, strong and elated? | Forgive and forget: you have a finite load that your Bridge can take – let go of grudges, it's weighing you down |
| If you are working from home, try managing your energy instead of your time. Look into Tony Schwartz or the Pomodoro technique – short, sharp bursts of work... and recharge | Be kind to yourself, take time out for self-care – it's like the oxygen mask on the plane; put yours on first and you'll be in a better position to help others | Keep a happiness journal; reflect on your day by recording what made you happy – it's great when you read them all back! |
| Clean and organise your workspace/room: starting with what you can actually control (what's immediately in front of you) and then gradually increase your sphere of influence | Set yourself daily positive affirmation: why do you like you? How compassionate are you, to YOU? | Write down 3 positive experiences that have happened to you today |

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| <p>Digital Detox – do something that doesn't involve a screen to allow you to disconnect from the 'always on' world we're currently living in. Could you make a 'tech free zone'?</p> | <p>Learn something new such as a new recipe! Learning something new can improve your confidence and mix up the day-in-day out</p> | <p>Limit the news you are watching/reading to prevent being exposed to endless editorials and opinion – focus on trusted sources for information and facts</p> |
| <p>Balance out the chocolate with some physical activity: every time you eat a mouthful, U.O.U a minute of movement</p> | <p>We're all going to be straining at the leash when we get out freedom back – let's give ourselves some direction. Write down your future aspirations and goals. Where do you want to be in a year, in two and five years time?</p> | <p>Stay connected. We might not be able to be with our loved ones in person right now, but we could invite them to dinner over the phone or WhatsApp/Facetime/Zoom/Skype instead</p> |
| <p>Learn a new breathing technique; box breathing, the 7/11, baby breath – find one that works for you and add it to your toolbox</p> | <p>Take time out to do something you enjoy; watching a film, cards, backgammon...what brought you joy as a child?</p> | <p>Get in touch with an old friend – pick up the phone and say 'hello'</p> |
| <p>Has your food looked a bit beige lately? A little bit carby? Limit your intake of processed foods, lets get some vibrant colours on the plate and eat a bit cleaner</p> | <p>Make a 'to do' list, get it all down on paper and then prioritise what needs to be done. What is the most urgent and important? What can be planned for later?</p> | <p>Arrange a virtual quiz with your friends, family, colleagues. DM if you would like some questions or a couple of 'sound rounds'</p> |
| <p>Try a new/different form of exercise: if you usually walk, throw a couple fi 1-minute jogs in there with it</p> | <p>Perform a random act of kindness – it's nice to be nice</p> | <p>Do you find it hard to describe how you are feeling or detect how others are – use Dr Gloria Willcox's excellent 'Feelings Wheel' to help open the conversation</p> |
| <p>Be strict with your routine; work is work and life is life – make sure to schedule in time for doing things for yourself</p> | <p>Stimulate a different part of your brain; try a language app: Duolingo, MemRise, Babbel, Hello Talk... iPuedes hacerlo!</p> | <p>Volunteer or make a contribution to a cause that is important to you www.gov.uk/government/get-involved/take-part/volunteer</p> |
| <p>Join an online workout class, there's tonnes available, we're trying Brazilian Jiu Jitsu one today</p> | <p>Brain training exercises, such as sudoku and puzzles keep different parts of the brain stimulated. Nonna was still doing hers at 99 years old – if you don't use it, you lose it!</p> | <p>It's natural to get caught in the 'What ifs...', the 'Haven't done...' and 'Didn't do's...' What are your weekly 'wins'? They're not always goals and achievements</p> |
| <p>Is the weather a bit rubbish? If you're stuck indoors, you can still stay active – move and stretch: www.health.com/fitness/every-day-stretches</p> | <p>Take some time out to add a new string to your bow; go to Skillshare and see what takes your fancy: www.skillshare.com/browse/painting</p> | <p>If you're going through hell, keep going! The law of impermanence means that all things must pass - as will this.</p> |
| <p>Clear out/clean your bedroom. Create and respect healthy boundaries – even if you work from this room, this is your own personal space</p> | <p>Enrol in a new range of online webinars – keep on learning! There's a wide range of online courses to be explored, take a look on www.futurelearn.com</p> | <p>It's OK to not be OK – you have to let it out. if employed, find out if you have an Employee Assistance Programme. If you're not or don't have access to an EAP, try www.hubofhope.co.uk</p> |
| <p>Some of us are starters, some of us are a little older. The BBC has some great 10 minute</p> | <p>Do nothing. Can you be still, with no input for 2 minutes? 5 minutes? How</p> | <p>Challenge yourself to tell at least 3 other people: "I really like ... about you" today – notice what happens</p> |

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| <p>movement sessions – thank you, Auntie Beeb! bbc.co.uk/programmes/articles/513XMInfW84dbWySm0t56bJ/10-today-10-minute-routines-to-get-you-stretching-and-moving</p> | <p>about 10? It's not often that we pause to stop the information</p> | |
| <p>Move every day. Take time to stand, to adjust, pause to notice your posture</p> | <p>Grounding exercise: 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, 1 thing you can taste</p> | <p>It's really important to find that time for connection; to yourself, to others, to the things around you, to nature</p> |
| <p>Take this time to get your fitness levels up and see how long you can run for – Why not take up a Couch to 5k challenge?</p> | <p>Take some time out to stimulate your brain – learn something that's a bit difficult that is just for you</p> | <p>April is a perfect time to wiggle your green fingers – we planted some seeds a couple of weeks ago, it's given us a real lift to see them growing in the spring sunshine</p> |
| <p>With the summer sunlight starting to shine through your windows, get a bit of vinegar and give them a good clean</p> | <p>Create a daily routine schedule to help you stick to your routine. Westfield Health have put the following template together: www.westfieldhealth.com/blog/how-to-create-a-routine-when-working-from-home-during-coronavirus</p> | <p>Keep in regular contact with your family members, set them up on a video app like Zoom</p> |
| <p>We're hearing a lot about people's sleep being disturbed at the moment. Are you giving yourself the chance to feel sleepy? How much screen time are you taking in? could you shut off the device an hour early and read by lamp or candlelight instead?</p> | <p>A responsible 'No' is better than an irresponsible 'Yes'. Unless you have invented a second brain, another pair of hands and a 25th hour – you can say 'No', it's alright!</p> | <p>It's better out than in, goes the old adage. Sure, it's a different context but its better to speak about your feelings than bottling things up. Begin sentences with "I feel that..." or "I think that..."</p> |
| <p>Eddie Izzard: "We were never made to sit still or settle, but to place ourselves in challenging situations, and then work out how to cope"</p> | <p>A tonne of resources at TED Talks: www.ted.com/talks</p> | <p>Sense of humour failure is a good barometer for your wellbeing. Give your funny bone tickle... https://youtu.be/08z9zFok9qI?t=87</p> |
| <p>It's Sunday, it's the day of rest. Who says you have to do anything if you don't need to? eat some good food, treat yourself well, stretch and rest... cheeky little afternoon snooze?</p> | <p>We have a recommended reading list at www.stress.org.uk/samresources2020 - a good place to start is 'The 10-Step Stress Solution'</p> | <p>Practice some unconditional positive regard: say "I love you because..." about the friends and family you think of today... could you widen the circle?</p> |
| <p>The simpler the better, the more fun you can make it – just get active!</p> | <p>Moving and committing to being active stimulates the brain and avoids stagnation</p> | <p>Sharing time with the family to do something constructive has a massive emotional pay off. If you're not with your nearest and dearest – what could you do instead?</p> |
| <p>Stay hydrated, eat healthy food and boost your immune system. Take a look at some helpful tools and tips for monitoring hydration at edensprings.co.uk/blog/7-</p> | <p>Make sure you are getting a good amount of sleep each night, a sleep hygiene plan may help</p> | <p>Sounds simple but; how many times do you actually spend 5 minutes reflecting on your day? Not thought loops, but reflection. A simple exercise is to play your day through like a film from start to finish; it can</p> |

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| <p><u>useful-tools-monitoring-hydration</u></p> | | <p>help as part of your sleep hygiene to switch of the day</p> |
| <p>Get your sleep hygiene sorted: have a bath, wind down, minimise screen time, talk about how you feel, eat good food regularly</p> | <p>Lead by example: take a risk, be vulnerable – break down the taboo</p> | <p>Embrace VC software to ensure connection. Start conversations with “I feel like this today...” Be honest</p> |
| <p>Your body is the only one that you’ll get, treat it better and it will reward you. Feed, water and let it out once in a while – change things up to keep it guessing!</p> | <p>Meditate: there are many different types, try a few out and at least one will work for you. No-one can tell you if you’re doing it right, you can be guided but you’ll figure it out yourself – the way you do it is the right way</p> | <p>Be kind to yourself and other: you’re only here to do the very best you can... that’s it!</p> |