

# APRIL IS STRESS AWARENESS MONTH!

SEE HOW MANY WELLBEING CHALLENGES YOU CAN COMPLETE FROM THE CALENDAR BELOW!

|   |  |   |   |  |   |
|---|--|---|---|--|---|
| <p><b>April 1st</b><br/>Remind yourself to smile at least once a day!</p>  | <p><b>April 2nd</b><br/>Try a new activity!</p>                     | <p><b>April 3rd</b><br/>Get outside at least 3 times a week!</p>         | <p><b>April 4th</b><br/>Have a pamper evening!</p>                       | <p><b>April 5th</b><br/>Enjoy your favourite foods!</p>                     | <p><b>April 6th</b><br/>Switch off your tech for a night!</p>                          |
| <p><b>April 7th</b><br/>Read a book that's on your list!</p>               | <p><b>April 8th</b><br/>Treat yourself to something new!</p>        | <p><b>April 9th</b><br/>Have a lie in!</p>                               | <p><b>April 10th</b><br/>Write a worry + one solution</p>                | <p><b>April 11th</b><br/>Watch your favourite film!</p>                     | <p><b>April 12th</b><br/>List 3 strengths!</p>   |
| <p><b>April 13th</b><br/>Clean or tidy your bedroom</p>                  | <p><b>April 14th</b><br/>Cook something that you like</p>         | <p><b>April 15th</b><br/>Stay hydrated and be kind to your body!</p>   | <p><b>April 16th</b><br/>List everything that makes you grateful!</p>  | <p><b>April 17th</b><br/>Go for a walk!</p>                               | <p><b>April 18th</b><br/>Try some meditation or mindfulness 10 minutes per day!</p>  |
| <p><b>April 19th</b><br/>Go to sleep earlier</p>                         | <p><b>April 20th</b><br/>Play your favourite music</p>            | <p><b>April 21st</b><br/>Do something creative</p>                     | <p><b>April 22nd</b><br/>Step outside of your comfort zone!</p>        | <p><b>April 23rd</b><br/>Do a random act of kindness for a stranger!</p>  | <p><b>April 24th</b><br/>Say your daily affirmations!</p>                            |
| <p><b>April 25th</b><br/>It's ok to do nothing!</p>                      | <p><b>April 26th</b><br/>Enjoy time with family and friends!</p>  | <p><b>April 27th</b><br/>Make a list of 5 things you are good at!</p>  | <p><b>April 28th</b><br/>Laugh</p>                                     | <p><b>April 29th</b><br/>Create your stress toolkit</p>                   | <p><b>April 30th</b><br/><b>Know who to contact when you are struggling – family, friends and teachers are all here to support you</b></p>                                |