

# WHAT HAVE YOU DONE TODAY TO COMBAT STRESS?

Productivity and employee wellbeing share a symbiotic relationship, so in order to raise a happy, healthy and resilient workforce, it's important to nurture healthy habits and routine in the daily lives of your employees.

Developed by [The Stress Management Society](#), we are proud to invite you to take part in the De-Stress Challenge. Using this calendar, employees can make note of an action, or multiple actions taken each day that have a positive impact on physical, mental, emotional, environmental and workplace wellbeing.

Thanks to the Stress Management Society for this initiative. For further guidance visit [www.stress.org.uk](http://www.stress.org.uk)

# 31 DAY DE-STRESS CALENDAR

SKILLS FOR GROWTH SME

**1** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**2** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**3** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**4** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**5** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**6** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**7** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**8** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**9** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**10** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**11** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**12** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**13** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**14** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**15** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**16** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**17** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**18** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**19** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**20** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**21** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**22** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**23** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**24** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**25** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**26** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**27** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**28** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**29** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**30** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

**31** 1. Physical  
2. Mental 4. Environmental  
3. Emotional 5. Workplace

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# YOU DID IT!

Congratulations on completing your De-Stress Challenge Calendar. We hope the habits and routine you practiced made a positive impact on you and your team and continue to make an impact in the future.

Show us your achievements and share your calendar with us on social media by tagging:



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