

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>Track your stressors:</b> Track all the things that cause you stress. Which ones were worth it? Reflecting on your responses is the first step to making positive changes.	<b>Do 30 minutes of activity:</b> Perform 30 minutes of activity today. You can break this up into three 10-minute sessions.
					1	2
<b>International Day of Cooperatives:</b> How can you work to improve your own life while contributing to the economic, social, cultural and political advancement of others?	<b>Make a to-do list:</b> Check things off as you complete the tasks to feel a sense of accomplishment.	<b>Sleep better:</b> Go to bed 20 minutes earlier tonight. Try meditation, stretching, or deep breathing before bed to improve quality of sleep.	<b>Cook a healthy, easy dinner:</b> Create a simple, healthy meal with five ingredients or less.	<b>Take a walk:</b> Go for a 15-minute walk. Focus on your breathing and be aware of your surroundings.	<b>Do some deep breathing:</b> Take in a slow, deep, long, breath while counting to five. Release as much of the air as you can. Repeat 3-4 times, twice today.	<b>Be an ally:</b> Identify ways that you can be an ally in the workplace.
3	4	5	6	7	8	9
<b>Limit screen time:</b> Spend one day with limited time on all screens. Only use your devices for necessary communication.	<b>Practice coping skills:</b> Create a list of all the ways you deal with stress. Think of one new technique and try it today.	<b>Communicate effectively:</b> Rather than getting angry, take a moment to calm down. How you communicate matters in having healthy stress-free relationships.	<b>Choose a super food:</b> Try a food with multiple health benefits today, like sweet potato, berries, kale, or spinach.	<b>Practice time management:</b> Plan your time efficiently today. Get up earlier and space out meetings, allowing enough time for unplanned roadblocks.	<b>Explore "Learn to Live":</b> Register and complete the assessment at <a href="http://myevoke.com">myevoke.com</a> .	<b>Get physical:</b> Challenge yourself with a new physical activity.
10	11	12	13	14	15	16
<b>Take time for you:</b> Set aside 15-30 minutes today just for you. Relax, go for a walk, read a book.	<b>Change your routine:</b> Drive a new route. Take a break at a different time than usual. Change your routine to see the world differently.	<b>Ask for help:</b> You can't do it alone. Ask a friend or co-worker to help you with a project or task that you haven't completed.	<b>Plan a relaxing lunch:</b> Schedule a lunch break with no work. Make something healthy and delicious.	<b>Make a budget:</b> Look at your monthly budget. Write down all the required expenses. Determine where any extra money would be spent.	<b>Make dinner plans:</b> Turn off your phone and connect with friends or family over dinner.	<b>Enjoy a spa day:</b> Get a massage, do a soothing face mask, or just enjoy a long, peaceful bath at home.
17	18	19	20	21	22	23
<b>Connect with nature:</b> Get outside and take a walk without your phone or music. Enjoy the sights and sounds of your surroundings.	<b>Make a playlist:</b> Create a playlist of music that is calming and helps you de-stress. We've created a <a href="#">list of songs</a> to inspire one to love and support one another.	<b>Declutter your desk:</b> Tidy up your workspace for a more productive day.	<b>Have a day of optimism:</b> Think positive, be grateful, do not complain, believe that you can accomplish something, be confident.	<b>Drink smart:</b> Cut back on caffeine, sugar, and fat in your drinks. Extra calories, sugar, and sodium can be hidden in beverages. Choose water!	<b>Read a book:</b> Start reading a new book or finish one you gave up on!	<b>National Friendship Day:</b> Tell your friends that you appreciate their friendship.
24	25	26	27	28	29	30

**You did it!**

Take time to celebrate your success! Taking time to celebrate and appreciate successes, no matter how small, can help you fend off chronic stress.

You can earn 15 points per day for up to 450 points total. Be sure to track your daily activities at [mybmcwellness.com](http://mybmcwellness.com)