

## De-Stress: Strive to Practice Resiliency and Thrive



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Resiliency is the ability to respond to stressors of life in a positive manner. A healthy lifestyle is made up of a whole collection of small, daily decisions. Every day this month try something, no matter how small, that will help improve your spiritual, mental, and physical state of being.</p>				1 Create a vision board of who you want to be, set goals, and start towards them.	2 Help someone in need and notice how that gives you a boost too.	3 Less scrolling more living. Disconnect from electronic devices and connect with self.
4 Write down three things you are grateful for or proud of from the week.	5 Start everyday with a quick morning workout followed by a healthy breakfast.	6 Avoid saying "must" or "should" to yourself today.	7 Shift your mood by doing something you really enjoy.	8 Be aware when you are feeling judgmental and choose to be kind instead.	9 Remember that all feelings and situations pass in time.	10 Notice something positive to come out of a difficult situation.
11 Go to bed early to get 8 hours of sleep and start your week refreshed.	12 When things go wrong be compassionate to yourself and others.	13 Drink 16 ounces of water as soon as you get out of bed to jump start your metabolism.	14 Get in touch with a supportive friend and have a nice, long chat.	15 Practice mindful eating. Decide if you are hungry or stressed?	16 Adopt a growth mindset. Change "I can't" into "I can't yet."	17 Overcome your fears and try something new or adventurous today.
18 Try food prepping healthy meals for the week.	19 Challenge negative thoughts. Find an alternative interpretation.	20 Catch yourself overreacting, take a moment, and just breathe.	21 Ask yourself, "What's the best thing that can happen?"	22 Make a list of three things you can feel hopeful about.	23 Find an action you can take to overcome a worry or problem.	24 Put a problem in perspective and see the bigger picture.
25 Journal anything you are anxious about in the coming week.	26 When things get tough, say to yourself, "This too shall pass."	27 Be your best self everyday. Be aware, be listening, and be engaged.	28 If you can't change it, change the way you think about it.	29 Eat at least 5 servings of fruits and vegetables everyday.	30 Remember you are not alone. We all struggle at times. Ask for help when you need it.	