



Shred Your Stress Calendar

DIRECTIONS: Do your best to complete each day's activity to earn one 😊 per day. Earn a maximum of 31 😊's total.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<input type="checkbox"/> 😊 Jot down a goal for how you'll make time to complete each daily task.	<input type="checkbox"/> 😊 Laugh!	<input type="checkbox"/> 😊 Just breathe.	<input type="checkbox"/> 😊 Listen to your favorite song.	<input type="checkbox"/> 😊 Organize your workspace.	<input type="checkbox"/> 😊 Take a break from technology.
<input type="checkbox"/> 😊 Try a new hobby .	<input type="checkbox"/> 😊 Color a Got Stress? or Mindfulness coloring page.	<input type="checkbox"/> 😊 Head to bed with enough time to get a full eight hours of sleep.	<input type="checkbox"/> 😊 Aim for at least 10 minutes of physical activity today.	<input type="checkbox"/> 😊 Practice gratitude .	<input type="checkbox"/> 😊 Some days we could all use a little help. Check out the resources from Here4TN .	<input type="checkbox"/> 😊 Reduce your workload by reassessing your to-do list.
<input type="checkbox"/> 😊 Try Yoga to relieve anxiety and stress.	<input type="checkbox"/> 😊 Assess how you're feeling with this Mental Health Tracker .	<input type="checkbox"/> 😊 Stress less. Practice mindful meditation for 10 minutes.	<input type="checkbox"/> 😊 Assess your hunger & fullness with this Daily Food Journal .	<input type="checkbox"/> 😊 Add a stretch break to your calendar.	<input type="checkbox"/> 😊 Share a funny video or joke that makes you laugh.	<input type="checkbox"/> 😊 Dance to your favorite song.
<input type="checkbox"/> 😊 List 5 things (or people) that make you happy.	<input type="checkbox"/> 😊 Try this 10-minute chair Yoga .	<input type="checkbox"/> 😊 Start your day with a healthy breakfast .	<input type="checkbox"/> 😊 Watch this video on reorganizing your refrigerator .	<input type="checkbox"/> 😊 March in place for three minutes to get your heart going.	<input type="checkbox"/> 😊 Try this 5-minute meditation you can do anywhere.	<input type="checkbox"/> 😊 Volunteer!
<input type="checkbox"/> 😊 Reach out to a friend or family member for support.	<input type="checkbox"/> 😊 Jot down your thoughts and feelings.	<input type="checkbox"/> 😊 Stay positive and optimistic.	<input type="checkbox"/> 😊 Create a plan on how to continue to shred your daily stress.			

My Total 😊's (Points) Earned: _____ (Submit your total points [by clicking here](#).)

Optional: Send challenge photo(s) with [permission](#) to WFHT.TN@tn.gov. Let us know what you thought about the challenge by clicking [here](#).