

APRIL
2021

Stress Awareness Month



S M T W T F S

BioNeurix

#YearOfWellness Calendar

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| 4 Try doing yoga stretches to relax your muscles before sleeping. | 5 Avoid the desire to control everything, including your emotions. | 6 List 5 things that you are grateful for today. | 7 <u>Learn how to recognize sources of stress in your life</u> #LetsTalk | 8 <u>Be kind to yourself when you make a mistake</u> | 9 Did you know? Coloring helps reduce stress & anxiety? Start some art! | 10 Learn how to establish healthy boundaries and freedom by saying NO to something. |
| 11 <u>Get an early night's rest. Try to sleep an hour before your usual bedtime.</u> | 12 Cap off your day with a relaxing bedtime meditation | 13 <u>Celebrate any small wins you have today!</u> | 14 Spruce up your working space - add a potted plant! | 15 Today, remind yourself: "I am getting better every day & in every way." | 16 <u>Learn the difference between stress & worry vs. anxiety.</u> | 17 Talk to someone you trust today & vent out everything that's on your mind. |
| 18 Set the mood while eating - music, candles, etc. - and enjoy every spoonful of your meal | 19 Write your worries away. List all the things that made you anxious today | 20 Show your gratitude to someone by helping them in some small way | 21 Feeling overwhelmed? <u>Find a quiet corner and do some deep breathing</u> | 22 Today, remind yourself: "Adopting the right attitude can convert a negative stress into a positive one". | 23 Did you know? Having a picnic helps relieve stress. A change of scenery & fresh air can do wonders to your mood. | 24 Set a timer on your social media use today. |
| 25 <u>Clean your fridge and fill it with fresh and healthy food</u> | 26 <u>Pick self-soothing mantras to help you calm your stress.</u> | 27 Spend 15 minutes of quiet time today to reflect over your day | 28 Create a playlist of feel-good songs to help improve your mood. | 29 When the body feels good, the mind does, too. So, get into the groove, and dance the stress away! | 30 Treat Yourself to an at-home Spa Day. You deserve it! | |

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#YearOfWellness



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