

Stress Management Challenge



How it Works

Every day comes with new stresses. Whether it's caring for a family, a sick loved one, work duties, or lifestyle obligations. The way stress is managed has a direct impact on overall health and well-being. Help your employees discover what their biggest stressors are and how to manage each in a healthy manner with this challenge.

Engagement Ideas

- Raffle a paid day off
- Randomly offer the day off
- Giveaway squeezable stress balls
- Share valuable stress-relief activities

Chill Content to Share

- [7 Stress-Relieving Exercises for an Instant Pick-Me-Up](#)
- [4 Easy Breathing Exercises to Reduce Stress at Work](#)
- [25 Quick Stress Relievers You Can Do At Work](#)

“It's not stress that kills us, it's our reaction to it.”

— Hans Selye

Stress-Relief Activity List

Each day, do an activity to blow off steam and reduce stress. This calendar provides a daily activity you can try. Or, just stick to what works for you personally. At the end of the week, put a star next to the activities that felt the most reinvigorating to you.



Day 1

Play a favorite song

Today's stressor:

Day 2

Go out on a local trail

Today's stressor:

Day 3

Take an Epsom salt bath

Today's stressor:

Day 4

Visit with a friend

Today's stressor:

Day 5

Call a loved one

Today's stressor:

Day 6

Do your favorite exercise

Today's stressor:

Day 7

Make your favorite dessert

Today's stressor:

Day 8

Drink a cup of hot tea

Today's stressor:

Day 9

Meditate

Today's stressor:

Day 10

Color or do a craft

Today's stressor:

Day 11

Work in a garden

Today's stressor:

Day 12

Do some yoga

Today's stressor:

Day 13

Turn off your cell phone

Today's stressor:

Day 14

Squeeze a stress ball

Today's stressor:

Day 15

Dance

Today's stressor:

Day 16

Watch a funny video clip

Today's stressor:

Stress-Relief Activity List (cont.)

Each day, do an activity to blow off steam and reduce stress.

Day 17

Take a long walk

Today's stressor:

Day 18

Play with play dough

Today's stressor:

Day 19

Think about one thing you're thankful for

Today's stressor:

Day 20

Take 5 deep breaths

Today's stressor:

Day 21

Envision your next day off

Today's stressor:

Day 22

Turn off all electronic notifications

Today's stressor:

Day 23

Exercise

Today's stressor:

Day 24

Explore a local park

Today's stressor:

Day 25

Take an activity lesson

Today's stressor:

Day 26

Have an electronic-free day

Today's stressor:

Day 27

Take yourself out to your favorite restaurant

Today's stressor:

Day 28

Spend time with a pet

Today's stressor:

Day 29

Try acupressure

Today's stressor:

Day 30

Diffuse your favorite scent

Today's stressor:

Day 31

Take a nap

Today's stressor:

