

30 day challenge to help you stress less!



1

Clean and organise your bedroom

2

List all the positive things about your day

3

Ask a friend how they are feeling



4

Be active, try an exercise you enjoy

5

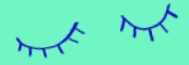
minutes to reflect

6

Spend some quality time with family



7



Get an early night

8

Remind yourself that you are enough, as you are

9

Smile at someone and brighten their day

10

minutes to listen to your favourite songs

11

Talk to someone you trust and share a problem with them

12

Offer to help an adult around the house



13

With an adult, make a meal with a new recipe

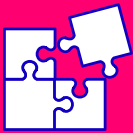
14

Speak to a friend you haven't spoken to in a while



15

Eat something healthy that you like



16

Do a puzzle or a jigsaw

17

Think of a plan to solve a problem you have

18

Spend a few minutes taking some slow, deep breaths

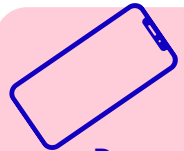


19

Take a walk in nature

20

Write down 3 things you like about yourself



21

Put screens away an hour before bed

22

Carry out a random act of kindness

23

Write down a list of things you are grateful for

24

Learn a new skill. Why not try gardening or baking?



25

Enjoy looking at photos from a time with happy memories

26

Be creative. Draw, write, paint or make

27

Hug a pet or someone you care about



28

Start reading a new book or a magazine

29

Think of a happy memory

30

Ask for help with something you find tricky

April is Stress Awareness Month!

Complete the 30 day challenge to reduce stress, build resilience, and boost your mental wellbeing.

Sheffield Children's **NHS**
NHS Foundation Trust