





Visit stress.org.uk for tips to keep you motivated

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
			<p>1</p> <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>2</p> <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>3</p> <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>4</p> <p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>
5	6	7	8	9	10	11
<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>
12	13	14	15	16	17	18
<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>
19	20	21	22	23	24	25
<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>
26	27	28	29	30		
<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>	<p>1. Physical</p> <p>2. Mental</p> <p>3. Emotional</p>		



The 30-day challenge will maximise your chances of turning useful knowledge and techniques into positive behavioural change.

Pick an action each for your Physical, Mental and Emotional Wellbeing to carry out every day. Could you even add some actions for social and spiritual wellness?

It takes 30 days to turn actions into habits, which is why this is a month-long programme.

Good luck!