

# STRESS MANAGEMENT CALENDAR:

## CALENDAR PROMPTS

1

Take a few minutes to color for calm: Even a few minutes of coloring can reduce stress.

2

Close your eyes and visualize a relaxing scene (like your last vacation) and how you felt in that moment.

[Video: Journal Prompt: Memory Lane](#)



3

Make a quick, brain-boosting snack or smoothie with yogurt, berries, or walnuts.

[Video: Mindful Eating to Relieve Stress](#)



4

Boost your mood: List three things you're grateful for right now.

[Article: An Act of Gratitude a Day Keeps the Doctor Away](#)



5

To stimulate serotonin (a neurotransmitter associated with happiness), take a quick break outside to soak up the sun.

6

Set the alarm on your phone as a reminder to do guided meditation or breathwork.

[Video: 60-Second Breath Practice](#)



7

Morning ease: Start your day with five minutes of gentle stretching.

8

Alleviate stress and indulge your sweet tooth in a healthy way with a spoonful of honey or a square of dark chocolate.

9

Splash cold water on your face, wrists, or hands to trigger the release of stress-reducing endorphins.

10

Focus your attention on each part of your body from head to toe, noticing sensations and releasing tension with each breath.

[Video: Body Scan Meditation](#)



11

Chew away stress: Chew on gum to stimulate the jaw muscles and help calm the nervous system.

12

Soothe your feet: Try a tennis or golf ball foot massage to help increase circulation and release tension.

13

Inhale the scent of essential oils (via a diffuser) or apply diluted oils on the skin to relax, reduce anxiety and boost mood.

[Article: 4 Easy Ways to Use Essential Oils](#)



14

Declutter: Create a sense of calm and order by tidying up one small area (desk, junk drawer, entryway, etc.)

15

Fidget for focus: For distraction and stress relief, play with a stress ball, fidget toy, sensory gadget, or therapy dough.

[Video: Self-Regulation Tip: Fidget Toys](#)



16

Dance your cares away by grooving and/or singing along to a favorite tune.

[Video: Self-Regulation Tip: Dance to De-stress](#)



17

Have a calming cup of tea (green, chamomile) to reduce stress and boost your mood.

[Video: Immunity Boosting Teas and Herbs](#)



18

Get the blood flowing by standing up and marching in place or jump roping (with or without the rope).

[Video: Movement to Relieve Stress](#)



19

Phone a friend: Voice calls enhance emotional connections for better bonding.

# STRESS MANAGEMENT CALENDAR:

## CALENDAR PROMPTS (CONTINUED)

20

Ground yourself: Notice five things you can see, four you can hear, three you can touch, two you can smell, and one you can taste.

[Video: Grounding Exercise Using Your Five Senses](#)



21

Play with your pet for stress relief and mood-boosting benefits.

22

Jot it down: Journaling helps to express your emotions, change your mindset, and manage anxiety.

[Video: Journaling to Relieve Stress](#)



23

Box Breathing: Focus your mind and relax by inhaling, exhaling, and holding your breath in counts of four.

[Video: 4-4-4-Breathing](#)



24

Reconnect to hidden joys: Close your eyes and notice four things you normally overlook (birds chirping, the aroma of coffee)

[Video: A Guided Meditation to Tune Into Your Surroundings](#)



25

Work on a puzzle (jig saw, crossword) to help you focus and challenge your brain.

26

Before you go to bed, write down tasks and your to-do list for the next day. Clearing your mind of this “chatter” before bed can lead to a more restful sleep.

27

Hum your stress away: Hum or sing to give yourself an instant mood boost.

[Video: Self-Regulation Tip: Humming & Singing](#)



28

Brush your teeth with your non-dominant hand to stimulate your brain in new ways.

[Video: Self-Regulation Tip: Non-Dominant Hand Use](#)



29

Seven-11 Breathing: Calm yourself by inhaling seven seconds and then exhaling 11 seconds.

[Video: Seven-11 Breathing](#)



30

Gently place your index and middle fingertips at the temples beside the eyes and perform six-eight clockwise and counterclockwise circular movements.

[Article: Easy Acupressure Techniques for Stress Management](#)



31

Turn down the brightness on your phone, dim the lights, and turn down the thermostat before bed to create an environment for restorative, restful sleep.



### VIDEO

Visit the California Schools (CalVEBA) YouTube Channel for stress-management tips and guided meditations.



### RESOURCE

Visit [VebaResourcecenter.com](http://VebaResourcecenter.com) for mental well-being tips and resources.

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