

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](#)



STRESS MANAGEMENT CALENDAR:

CALENDAR PROMPTS (CONTINUED)

19

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

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](https://www.vebaresourcecenter.com) for mental well-being tips and resources.