

YSM Solutions

Healthier People | Healthier Results

The Feel Great Challenge - take 10 minutes each day to plan how to de-stress over 30 days.

What is making you feel stressed?

Stress is a normal part of lives, but it can become overwhelming. Here are some main causes of stress:

- ~ work
- ~ no control
- ~ relationships
- ~ change
- ~ excessive pressure
- ~ loneliness
- ~ life events - moving house, job loss, divorce, loss or caring for a loved one.

Write down what are your main stressors?

.....

.....

.....

How are you?

Put an icon into each day and affirmations: I am doing well, I can get through this, self-care is a priority.

Wellbeing Challenge

How are you progressing each day?

Self-care - Feeling Good

Relaxing for 10 minutes each day.

What you will do to de-stress

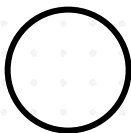
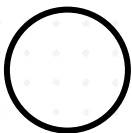
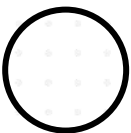
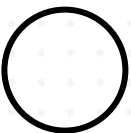
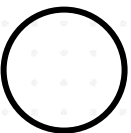
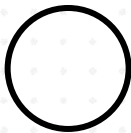
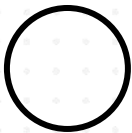
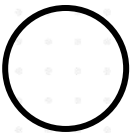
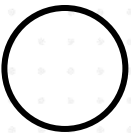
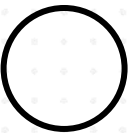
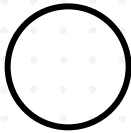
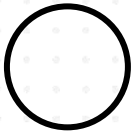
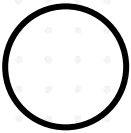
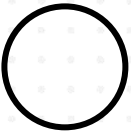
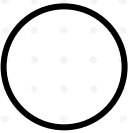
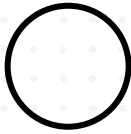
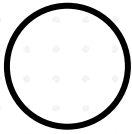
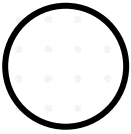
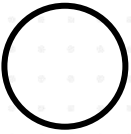
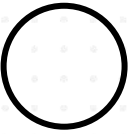
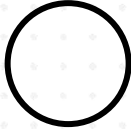
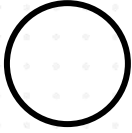
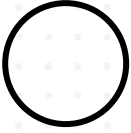
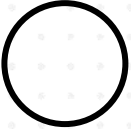
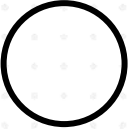
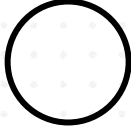
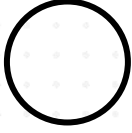
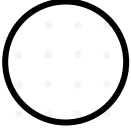
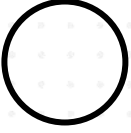
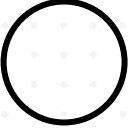
Reduce phone and screen use.
Walk more mindfully.

What has worked well?

What didn't work so well?

What will be your future challenge to reduce and prevent stress?

How are you?

| | | | | |
|---|---|---|---|---|
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Happy
Relaxed
Content



Energetic
Focused
Creative



Lazy
Blah
Just No



Annoyed
Tired
Ill



Stressed
Emotional
Angry



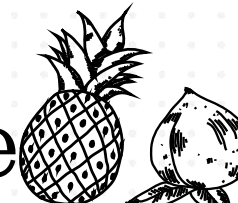
Affirmations

I will be positive





Wellbeing Challenge



Mon

Tue

Wed

Thu

Fri

Sat

Sun

Nutrition:

Eat more fruit &
Vegetables

Hydration:

Drink more
water

Fitness:

Be more active

Wellness:

Sleep more

Self Care



Relaxation



Expression



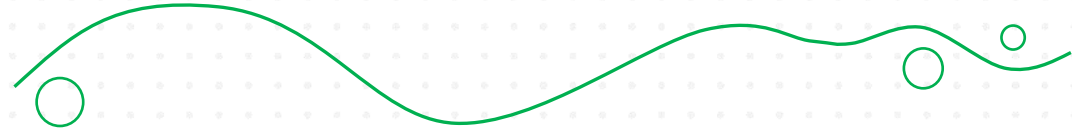
Nutrition



Companionship

Feeling Good

What to Do to De-stress





To find more about managing your stress, check out our websites:

www.ysmsolutions.co.uk

www.feelgreatwellbeing.com - blog posts on stress, resilience and much more

Free video to watch on demand <https://ysmsolutions.co.uk/international-stress-awareness-week.html>

Forward the challenge to colleagues, friends, relatives and get in touch with us to let us know how you are getting on.

<https://ysmsolutions.co.uk/free-resources.html>

IIRSM approved courses:

- Stress Awareness for Managers
- Stress and Mental Health Awareness - Physical, Mental and Emotional
- Stress Risk Assessment
- Managing Stress and Psychosocial Risks for Managers
- Mental Health Awareness for Managers