



Shred Your Stress Calendar

Directions: Do your best to complete each day's activity to destress and earn one 😊 (point) per day. Earn a maximum of 10 😊s (points) total! We'd love to receive your challenge photo(s)! Share with [permission](mailto:permission@WFHT.TN@tn.gov) to WFHT.TN@tn.gov.

Monday	Tuesday	Wednesday	Thursday	Friday
<input type="checkbox"/> 😊 Nov. 6 Jot down a goal for how you'll make time to complete today's tasks. You can complete this S.M.A.R.T. Goal Setting Worksheet to set yourself up for success!	<input type="checkbox"/> 😊 Nov. 7 Listen (and/or dance) to one of your favorite songs! Join our 15-minute live, virtual dance class at noon CT that's fun for all fitness levels.	<input type="checkbox"/> 😊 Nov. 8 Take a break from technology. Put your phone in a drawer while working or only check your email at certain times of the day. By decreasing multitasking, you're increasing mindful attention .	<input type="checkbox"/> 😊 Nov. 9 Practice gratitude. This can help you keep perspective and bounce back more quickly after stressful and difficult times.	<input type="checkbox"/> 😊 Nov. 10 Assess how you're feeling with this Mental Health Tracker.
<input type="checkbox"/> 😊 Nov. 13 Add a stretch break to your calendar. Join us for a 15-minute live, virtual yoga class at noon CT that's suitable for beginners and relaxing for all fitness levels.	<input type="checkbox"/> 😊 Nov. 14 Share a funny video or joke that makes you laugh.	<input type="checkbox"/> 😊 Nov. 15 Try this 5-minute meditation you can do anywhere. Give your mind a break with live, virtual meditation from 11:30 a.m. - 12 p.m. CT .	<input type="checkbox"/> 😊 Nov. 16 List 5 things (or people) that make you happy.	<input type="checkbox"/> 😊 Nov. 17 Some days we could all use a little help. Check out the free resources available to you from Here4TN.
My total 😊s (points) earned: _____				

Let us know you participated in this challenge by submitting your total points earned for a chance to win a prize: https://stateofennessee.formstack.com/forms/wfhtn_shred_your_stress_challenge_submission.