

April 2021

Stress Awareness Month

Recognizing the difficulty of the past year, the Bureau of Human Resources (BHR) is coordinating an initiative aimed at reducing stress in our workforce through a series of quick, daily actions and resources. We encourage participation by our workforce, agencies, and the public.

Stress—defined as the **way the brain and body respond to a demand or challenge**—is part of the human experience. But, long-term, chronic stress can cause harm to your health. We hope that by the end of Stress Awareness Month, you will feel **comfortable** accessing tools and resources provided and **confident** in your ability to manage future stress.

BHR will share daily reminders on their social media platforms ([Facebook](#), [Instagram](#), and [Twitter](#)). If you're posting photos or videos of how you're participating in Stress Awareness Month, use the hashtag **#MindfulMaine**. You'll be able to see what others are doing and may even see your post reshared to BHR's accounts!

Please note: You'll also see reminders to capitalize each word in a hashtag, which is also known as **Camel Case**, **Title Case**, and **Pascal Case**. This makes them accessible and easier to read for both humans and screen reader users.

<p>Thursday April 1</p> <p>Connect with the Bureau of Human Resources on social media for reminders. Search 'mainebhr' on Facebook, Instagram, & Twitter.</p> <p>#MindfulMaine</p> <p><i>RESOURCE</i> Printable Monthly Calendar</p>	<p>Friday April 2</p> <p>National Walk To Work Day</p> <p>Get outside today, whether you're walking to work, traversing a new trail, or exploring your neighborhood.</p> <p>#WalkToWorkDay</p> <p><i>RESOURCE</i> Mental Benefits of Exercise</p>	<p>Saturday April 3</p> <p>Find A Rainbow Day</p> <p>Enjoy a rainbow, homemade or found. If the weather doesn't cooperate, make a rainbow using a hose on the mist setting.</p> <p>#MindfulMaine</p> <p><i>RESOURCE</i> Winter Wellness Toolkit</p>	<p>Sunday April 4</p> <p>Spend 2 minutes savoring a meaningful experience from the past 24 hours. Double the meaning of that moment.</p> <p>#MindfulMaine</p> <p><i>RESOURCE</i> Coping With Stress</p>	<p>Monday April 5</p> <p>Take a series of mini active breaks: go for short walks or do stretches.</p> <p>BONUS: Commit to taking active breaks regularly.</p> <p>#MindfulMaine</p> <p><i>RESOURCE</i> Staying Active During Self-Isolation</p>
<p>Tuesday April 6</p> <p>National Library Workers Day</p> <p>Discover services your local library offers.</p> <p>BONUS: Send a thank you note to library staff or sign up for a library card.</p> <p>#LibrariesTransform</p> <p><i>RESOURCE</i> Maine State Library</p>	<p>Wednesday April 7</p> <p>World Health Day</p> <p>Learn about the World Health Organization's 2021 World Health Day Campaign: Building a fairer, healthier world.</p> <p>#WorldHealthDay</p> <p><i>RESOURCE</i> World Health Organization</p>	<p>Thursday April 8</p> <p>Spend 5-10 minutes decluttering your workspace. Find homes for 3 items.</p> <p>BONUS: Commit to regular decluttering.</p> <p>#MindfulMaine</p> <p><i>RESOURCE</i> Winter Wellness Toolkit</p>	<p>Friday April 9</p> <p>Start a gratitude journal. What are 3 new things you're grateful for?</p> <p>BONUS: Make an entry every day in April.</p> <p>#GratitudeJournaling</p> <p><i>RESOURCE</i> Gratitude Tips</p>	<p>Saturday April 10</p> <p>Reach out to a caregiver & offer to take something off their plate (do a load of laundry, deliver a meal, etc.)</p> <p>#CaregiverSupport</p> <p><i>RESOURCE</i> Caregiver Fatigue</p>
<p>Sunday April 11</p> <p>National Pet Day</p> <p>Post a favorite photo or video of an animal.</p> <p>BONUS: Pet owners - give them a new toy or treat. Props if it's homemade!</p> <p>#NationalPetDay</p> <p><i>RESOURCE</i> Resilience in Stressful Times</p>	<p>Monday April 12</p> <p>Use the Move Your Way Activity Planner to fit in 150 minutes of activity this week.</p> <p>BONUS: Help kids get moving 60 minutes a day.</p> <p>#MindfulMaine</p> <p><i>RESOURCE</i> Move Your Way: What's Your Move?</p>	<p>Tuesday April 13</p> <p>Really appreciate an experience or product? Leave a positive review.</p> <p>BONUS: Write a kind comment on social media.</p> <p>#MindfulMaine</p> <p><i>RESOURCE</i> Winter Wellness Toolkit</p>	<p>Wednesday April 14</p> <p>Moment of Laughter Day</p> <p>Share a funny photo or video to make someone laugh.</p> <p>BONUS: Send to multiple people & encourage others to spread the laughter.</p> <p>#MindfulMaine</p> <p><i>RESOURCE</i> Winter Wellness Toolkit</p>	<p>Thursday April 15</p> <p>Start a praise file: compile positive feedback for your own personal highlight reel. Look at it when you're in need of a confidence boost.</p> <p>#MindfulMaine</p> <p><i>RESOURCE</i> Winter Wellness Toolkit</p>
<p>Friday April 16</p> <p>Stress Awareness Day</p> <p>How well do you cope with stress? Take the quiz below.</p> <p>BONUS: Take a few minutes to do something you enjoy, like pursuing a hobby.</p> <p>#StressAwarenessDay</p> <p><i>RESOURCE</i> Coping With Stress Quiz</p>	<p>Saturday April 17</p> <p>Mindfully eat something. Slow down & use all of your senses to experience it. Smile between each bite. Notice its taste & texture. Let it linger.</p> <p>#MindfulMaine</p> <p><i>RESOURCE</i> Why Mindfulness Matters</p>	<p>Sunday April 18</p> <p>Pick at least one of the 25 Ways To Get Moving At Home. Do it 3 times today.</p> <p>BONUS: Pick a different activity each day in April.</p> <p>#MindfulMaine</p> <p><i>RESOURCE</i> Get Moving At Home</p>	<p>Monday April 19</p> <p>Change out of your work clothes when you're done working for the day. This helps switch your brain out of work mode.</p> <p>#MindfulMaine</p> <p><i>RESOURCE</i> How To Cope With Job Stress</p>	<p>Tuesday April 20</p> <p>State of Maine health plan members: Are you getting a 5% discount on individual health insurance premiums? Complete the requirements for the Health Premium Credit by April 30, 2021.</p> <p><i>RESOURCE</i> Health Premium Credit Program</p>
<p>Wednesday April 21</p> <p>Empower your financial wellness: explore topics like behavioral finance, budgeting, & retirement with a variety of tools & courses.</p> <p>#MindfulMaine</p> <p><i>RESOURCE</i> Enrich Digital Employee Financial Wellness</p>	<p>Thursday April 22</p> <p>Take Our Daughters And Sons To Work Day</p> <p>Celebrate virtually with State of Maine agency events.</p> <p>BONUS: Embrace your inner child & explore fun, online State of Maine resources.</p> <p>#TODASTWD</p> <p><i>RESOURCE</i> Statewide Resource Compilation</p>	<p>Friday April 23</p> <p>Learn something new about a colleague's interests outside of work.</p> <p>BONUS: Find something in common with 3 colleagues.</p> <p>#MindfulMaine</p> <p><i>RESOURCE</i> Maintaining Co-worker Relationships</p>	<p>Saturday April 24</p> <p>Send a note of appreciation to someone in your support circle.</p> <p>BONUS: Handwrite it for an extra personal touch.</p> <p>#MindfulMaine</p> <p><i>RESOURCE</i> Winter Wellness Toolkit</p>	<p>Sunday April 25</p> <p>Practice deep breathing: Take a slow, deep breath, hold for 5 seconds, exhale gently.</p> <p>BONUS: Try this several times throughout the day.</p> <p>#MindfulMaine</p> <p><i>RESOURCE</i> Tips to Relax & Reduce Stress</p>
<p>Monday April 26</p> <p>Are you hydrated? Drink plenty of water throughout the day.</p> <p>BONUS: Encourage a loved one to stay hydrated today.</p> <p>#MindfulMaine</p> <p><i>RESOURCE</i> Winter Wellness Toolkit</p>	<p>Tuesday April 27</p> <p>Try this one minute meditation from Headspace: Let Go Of Stress</p> <p>BONUS: Check out the mindfulness resources below.</p> <p>#MindfulMaine</p> <p><i>RESOURCE</i> Mindfulness Resources</p>	<p>Wednesday April 28</p> <p><i>Actually</i> take a break from work today by eating lunch away from your workspace.</p> <p>BONUS: Dining in a pretty spot? Snap a quick photo.</p> <p>#MindfulMaine</p> <p><i>RESOURCE</i> Winter Wellness Toolkit</p>	<p>Thursday April 29</p> <p>International Dance Day</p> <p>Put on your favorite song & dance!</p> <p>BONUS: Comment the song you're groovin' to on our social media.</p> <p>#MindfulMaine</p> <p><i>RESOURCE</i> Winter Wellness Toolkit</p>	<p>Friday April 30</p> <p>Make note of the services offered to State of Maine employees through the Living Resources Program, should you need them in the future.</p> <p>#MindfulMaine</p> <p><i>RESOURCE</i> Living Resources</p>

Congratulations! As Stress Awareness Month comes to a close, we hope you take a moment to reflect on the last 30 days.

1. Have these daily actions made an impact in your life?
2. Will you incorporate any of these in the future?
3. Which day did you enjoy most?

Many of the resources we've shared throughout the month of April are available to employees of the State of Maine and their families. If you have questions about your benefits, please contact the Office of Employee Health & Wellness. We hope this information continues to be useful and helps you feel **comfortable** accessing resources and **confident** in your ability to manage future stress.