

April 2021 | Stress Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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. For a complete list of actions and resources, please refer to the monthly overview and BHR social media.</p> 				<p>1</p> <p>Follow the Bureau of Human Resources on social media for daily reminders in April</p>	<p>2</p> <p>National Walk To Work Day</p> <p>Explore a new trail or your neighborhood</p>	<p>3</p> <p>Find A Rainbow Day</p> <p>Enjoy a rainbow, homemade or found</p>
<p>4</p> <p>Take 2 minutes to savor a meaningful experience from the last 24 hours</p>	<p>5</p> <p>Take a series of mini active breaks: go for short walks or do stretches</p>	<p>6</p> <p>National Library Workers Day</p> <p>Discover services your local library offers</p>	<p>7</p> <p>World Health Day</p> <p>WHO's 2021 campaign: Building a fairer, healthier world</p>	<p>8</p> <p>Spend 5-10 minutes decluttering your workspace. Find homes for 3 items</p>	<p>9</p> <p>Start a gratitude journal. What are 3 new things you're grateful for today?</p>	<p>10</p> <p>Reach out to a caregiver & offer take something off their plate</p>
<p>11</p> <p>National Pet Day</p> <p>Post a favorite photo or video of an animal</p>	<p>12</p> <p>Use the Move Your Way Activity Planner to fit 150 minutes of activity into this week</p>	<p>13</p> <p>Really appreciate an experience or product? Leave a positive review</p>	<p>14</p> <p>Moment of Laughter Day</p> <p>Share a funny photo or video</p>	<p>15</p> <p>High Five Day</p> <p>Start a praise file: save compliments & review on bad days</p>	<p>16</p> <p>Stress Awareness Day</p> <p>How well do you cope w/ stress? Take the quiz</p>	<p>17</p> <p>Mindfully eat something. Use all your senses to experience it</p>
<p>18</p> <p>Pick at least 1 of the 25 Ways To Get Moving At Home. Do it 3 times today</p>	<p>19</p> <p>Change out of your work clothes when you're done working for the day</p>	<p>20</p> <p>Check requirements for Health Premium Credit Program (deadline: 4/30/21)</p>	<p>21</p> <p>Empower your financial wellness: explore topics like budgeting & retirement</p>	<p>22</p> <p>Take Our Daughters & Sons To Work Day</p> <p>Celebrate virtually</p>	<p>23</p> <p>Learn something new about a colleague's interests outside of work</p>	<p>24</p> <p>Send a note of appreciation to someone in your support circle</p>
<p>25</p> <p>Practice deep breathing. Inhale slowly, hold 5 seconds, exhale gently</p>	<p>26</p> <p>Are you hydrated? Drink plenty of water throughout the day</p>	<p>27</p> <p>Try this one minute meditation from Headspace: Let Go Of Stress</p>	<p>28</p> <p><i>Actually</i> take a break from work today: eat lunch away from your workspace</p>	<p>29</p> <p>International Dance Day</p> <p>Put on your favorite song & dance!</p>	<p>30</p> <p>Check out services offered by the Living Resources Program</p>	<p>Use #MindfulMaine to share photos & videos online!</p>   