

Active April 2022

MONDAY



4 Eat healthy and natural food today and drink lots of water

TUESDAY



5 Turn a regular activity into a playful game today

WEDNESDAY



6 Do a body-scan meditation and really notice how your body feels

THURSDAY



7 Get natural light early in the day. Dim the lights in the evening

FRIDAY

1 Commit to being more active this month, starting today

SATURDAY

2 Spend as much time as possible outdoors today

SUNDAY

3 Listen to your body and be grateful for what it can do

10 Have a day free from TV or screens and get moving instead

17 Be active outside. Dig up weeds or plant some seeds

24 Get active in nature. Feed the birds or go wildlife-spotting

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

18 Try a new online exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



SOURCES OF STRESS

#ADDRESS
YOUR STRESS

Even happy events can cause stress in our lives. When it goes unaddressed for too long, stress can trigger mental and physical health issues.

Some common sources of stress include:

Life changes

Leaving home,
getting married or
having children

Divorce or relationship
breakdown

Health scares or
physical illness

Accidents or
bereavement

Legal issues, arrest
or imprisonment

Emotional

Peer pressure

Conflicting cultural
values and beliefs

Coping with
uncertainty



Physical

Late nights or lack of
routine

Poor diet

Misuse of alcohol or
drugs



Environmental

Poor housing or
accommodation
problems

Social isolation

Unemployment

Adjusting to new
environments such as
moving house or travel

Financial pressures



Changes at work

Starting a new job

Coping with an
increased workload or
a promotion

Poor relationships
with colleagues or
managers

Redundancy, or the
fear of it



There are simple steps you can take to **#AddressYourStress**.
Check out our resources at mhfaengland.org

WEEKLY WELLBEING CHECK-UP

Try using this list each week to check in with your mental health

#ADDRESS
YOUR STRESS



Where's my mental health today?

How do I feel today?

Mentally?

Physically?



Looking after my wellbeing

Am I drinking enough water and eating a balanced diet?

How did I sleep last night?

Did I feel rested when I woke up?

Is there anything I can improve?



How's my thinking today?

How are my thoughts making me feel?

Am I having unhelpful thoughts?

For free resources on spotting and challenging unhelpful thoughts, visit getselfhelp.co.uk or create Your Mind Plan with **Every Mind Matters**



My Stress Container

How full is my container?

Am I using helpful coping strategies?

Are they working?

Learn about your stress container here: mhfaengland.org/mhfa-centre/resources



MHFA England

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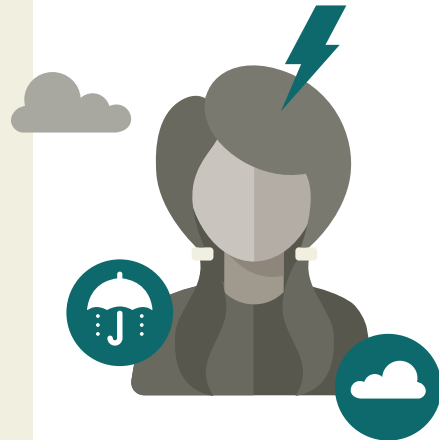
WHAT IS STRESS?

#ADDRESS
YOUR STRESS



Stress is the body's response when it senses danger. We all experience stress and need it to function.

But when stress interferes with our lives, it becomes a problem. Too much stress, for too long, can make us ill.



If unaddressed, stress can cause mental health issues like depression or anxiety and harm our physical health.

1 in 6 British workers will experience depression, anxiety or stress-related issues.



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