**April 2022 Toolkit – Stress Awareness Month**

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| Week | Action/Activity | Resources |
| Week of March 21st | ●Start planning for first week of April●Promote events on company’s social media site and company intranet sites ●Consider giving out *Stress Relief Kits*  | ●[April is Stress Awareness Month (National Today)](https://nationaltoday.com/stress-awareness-month/) |
| Week of March 28th – April 1st | ●Hang poster *I’m So Stressed Out!*●Distribute flyer *Managing Job Stress*●Order items for *Stress Relief Kits*  | ●[Poster – NIMH: I’m So Stressed Out!](https://www.nimh.nih.gov/sites/default/files/documents/health/publications/so-stressed-out-infographic/imsostressed-infographic-508_1.pdf)●[Flyer – Anthem: Managing Job Stress](https://file.anthem.com/105881ANEENABS.pdf) |
| Week of April 4th | ●Distribute video *What is Mindfulness?* ●Distribute flyer *The Principles of Resilience*●Check on order progress for *Stress Relief Kits* | ●[Video – NCCIH: What is Mindfulness? (3:13)](https://www.nccih.nih.gov/health/meditation-in-depth) *(Scroll down to play video)*●[Flyer – NOSC: The Principles of Resilience](https://bloximages.chicago2.vip.townnews.com/militarynews.com/content/tncms/assets/v3/editorial/c/22/c22bbdd2-df07-11e9-b76e-3f94f89027f3/5d8a78e2ac4ea.file.pdf) |
| Week of April 11th | ●Distribute flyer *Mindfulness Over Matter, Combatting Stress through Self-Awareness*●Distribute podcast *12-Minute Meditation to Arrive, Breathe, Connect* ●Hang flyers/posters announcing and promoting April 27th as *Walk@Lunch Day*●Put together *Stress Relief Kits* | ●[Flyer – Anthem: Mindfulness Over Matter, Combatting Stress through Self-Awareness](https://file.anthem.com/04573ANMENABS.pdf)●[Podcast – Mindful: 12-Minute Meditation to Arrive, Breathe, Connect](https://www.mindful.org/a-12-minute-meditation-to-arrive-breathe-connect/) *(Scroll down to play podcast)*●Flyer (PDF) – BCBS: Walk@Lunch Day●Poster (PDF) – BCBS: Walk@Lunch Day |
| Week of April 18th  | ●Promote April 27th as *Walk@Lunch Day* ●Hang poster *Stop Stress in Its Tracks*●Give out *Stress Relief Kits* | ●[Poster – AHA: Stop Stress in Its Tracks](https://www.heart.org/-/media/AHA/H4GM/PDF-Files/Stop_stress_tips_to_lower_stress_infographic.pdf) |
| Week of April 25th | ●Promote April 27th as *Walk@Lunch Day*● Distribute flyer *Take a Break for Stress Relief*  | ●[Flyer – Anthem: Take a Break for Stress Relief](https://file.anthem.com/04574ANMENABS.pdf) |