

Stress Awareness Month Tips



In honour of Stress Awareness Month (April 2020) we have put together a calendar of daily tips to help you destress. We know Hong Kong is going through a difficult time and we want to support you.

This calendar contains tips based on four themes we believe are relevant and important to address at this time: Social connection, COVID-19, workplace, and resilience. Following these small, simple tips can make a difference to both your physical and mental well-being.

Staying Connected

1 Video call a friend/friends for 30 minutes

2 Text your coworkers and ask how they are doing

3 Send a virtual hug to your friends

4 Share something that makes you smile or laugh!

COVID-19

5 Go on a 30 minute walk and listen to music. Make sure to avoid crowds

6 Discuss something non-work or virus related with family/friends

7 Start a new book or listen to a podcast

8 Turn off from social media/the news for the day

Workplace

9 Set a schedule for yourself - structure helps!

10 Wake up at the same time as you usually would for work

11 Take a 5 minute break from work every hour

12 Focus on staying present rather than thinking of the work week ahead

Resilience

13 Make a nutritious, home cooked meal for your lunch today

14 Ask your coworkers #howokayareyou. Visit www.howokayareyou.com for tips

15 Switch off your computer at the end of the day to avoid overworking

16 Unplug - turn off your phone/put it on airplane mode for a few hours

17 Make time for an act of self care

18 Reserve an hour to do something you love, e.g. bake

19 Reach out to someone you haven't spoken to in a while

20 Start learning a new skill or join an online course

21 Write down 5 things you are grateful for today

22 Make a list of your strengths

23 Do yoga or meditate this morning

24 Volunteer or do something kind. Let's all help each other

For more information on stress, please visit our [Mental Health A-Z guide](http://www.mentalhealtha-z.org). For additional tips and resources on dealing with stress, visit:

www.mind.org.hk/stressawarenessmonth

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