

APRIL 2026

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1

Stress Awareness Month

2

Stress Awareness Month: What is stress?

3

Are you coping well with your everyday stress? **Watch** this

4

Are you coping well with your everyday stress? Watch this

5

6

Read **Stress & Overwhelmed** by Brené Brown

7

Complete the **Stress Calculator**

8

Complete your **individual stress test**

9

Songs proven to reduce stress

10

Listen to Laurie Santos' podcast: **Stop Stressing About Stress**

11

Read: **Stop Overthinking** by Nick Trenton (2021). Put into practice one of the 23 techniques described in the book

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Purpose of Stress Awareness Month

14

Complete the **Stress Calculator**

15

Reevaluate stress

16

Engaging in Distress Tolerance

17

Active Labelling our Emotions

18

Explore **these journaling prompts** to improve your mental health

19

20

The Toxicity of "Hustle Culture"

21

Hustle culture: Is this the end of rise – and-grind?

22

TEDxYoungstown: Putting Hustle Culture to Rest

23

Rethinking Hustle Culture, with Ali Abdaal

24

The Dark Side of Hustle Culture

25

Watch the film **Boiling Point** (2021) on Netflix.

26

What is Slow Living?

The rise of the slow living movement

Why SLOW LIVING over Hustle Culture

Slow Living Podcast

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IT'S COMING TO YOUR INBOX!