

ELEVATE CALENDAR

APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Stress Awareness Month What is <u>stress</u> ?	2 Are you coping well with your everyday stress? <u>Watch</u> this	3 <u>Download</u> the Booklet to explore what Stress Awareness Month is all about	4 List all the daily stressors you overcome every day. How do you feel about it?	5 Watch the film <u>Boiling Point</u> (2021) on Netflix. British drama thriller. A single-take snapshot of the immense stress and skills of a talented head chef reveals that things are about to burst behind the restaurant's flash façade	6
7 <u>Read</u> Stress & overwhelmed by Brené Brown	8 Listen & Watch Luke Reinhardt's TEDx Talk <u>Overcoming Overwhelm</u>	9 <u>Complete your individual stress test</u>	10 <u>Songs proven to reduce stress</u>	11 Listen to Laurie Santos' podcast: <u>Stop Stressing About Stress</u>	12 Read: <u>Stop Overthinking</u> by Nick Trenton (2021). Put into practice one of the 23 techniques described in the book	13
14 Meet <u>Dr. Jenny Taitz</u>	15 Complete the <u>Stress Calculator</u>	16 Some tips shared by Dr. Jenny Taitz: Tip N°1: <u>Reevaluate stress</u>	17 Some tips shared by Dr. Jenny Taitz: Tip N° 3: <u>Engaging in a Distress Tolerance</u>	18 Some tips shared by Dr. Jenny Taitz: Tip N° 4: <u>Active Labelling our Emotions</u>	19 Read the book <u>Stress Resets: How to Soothe Your Body and Mind in Minutes</u> by Jennifer L. Taitz (2024)	20
21 <u>How to lead with love?</u>	22 <u>What is unconditional positive Regard (UPR)?</u>	23 <u>30-day challenge lead with love</u>	24 <u>Quotes on Unconditional Positive Regard</u>	25 You don't need someone to complete you. You only need someone to accept you completely	26 As Carl Rogers said, "The curious paradox is that when I accept myself just as I am, then I can change." Reflect and journal about this quote.	27
28 <u>Authentic Living</u> - Learn more about it	29 Listen to Dr. Sirois' TEDx Talk: <u>Living an Authentic Life</u>	30 Journal: Create an April Dump and set some intentions for May				



IT'S COMING TO YOUR INBOX!