

FSAP Holiday Refresh From Stress

Find your inspiration here

Click on each of the light blue boxes below to complete the activity

Sunday, November 16

Monday, November 17

Tuesday, November 18

Wednesday, November 19

Thursday, November 20

Friday, November 21

Saturday, November 22

Give Thanks Challenge - Answer the challenge question "Did you take time to reflect on at least one thing you are grateful for today?" at least **4 of 7 days**

Mid-Week
Mindfulness Session

"Thankfulness is the beginning of gratitude."
- Unknown

Relax-Relate-Release: Complete 4 out of 6 activities 11/23 - 11/29

Sunday, November 23

Monday, November 24

Tuesday, November 25

Wednesday, November 26

Thursday, November 27

Friday, November 28

Saturday, November 29



Complete a Well-being
Check-In with FSAP



Refresh From Stress Yoga
12-12:30pm



Click here to join the
FSAP Listserv



Mid-Week
Mindfulness Session

Happy Holidays!



Read **Do You Need to Take
a Mental Health Day?**
in Sharecare



Complete an **Unwinding**
module on Stress

Sunday, November 30

Monday, December 1

Tuesday, December 2

Wednesday, December 3

Thursday, December 4

Friday, December 5

Saturday, December 6

Relax Your Mind Challenge - Track your stress at least **4 of 7 days**

"Resting is not a waste of time. It's an investment in well-being."
- Unknown

Mid-Week
Mindfulness Session

Mindful Holidays:
Boundaries and Balance

Motivation & Movement: Complete 4 out of 7 activities 12/7 - 12/13

Sunday, December 7

Monday, December 8

Tuesday, December 9

Wednesday, December 10

Thursday, December 11

Friday, December 12

Saturday, December 13



Complete a Well-being
Check-In with FSAP



Refresh From Stress Yoga
12-12:30pm



Read **The Secret to Improved
Work productivity: Exercise**
in Sharecare



Mid-Week
Mindfulness Session



FSAP Grief and Loss Group



Read **4 Ways to Stay Calm**
in Sharecare



Complete an **Unwinding**
module on Stress