

# STRESS MANAGEMENT AUGUST

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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## Fresh Start

Welcome to August! A new month is a great time to reset your goals. Start by setting one small habit to improve your stress levels.

## Weekend Wellness

Weekends are for recharging. Try a relaxing walk in nature or a short yoga session to manage stress and stay active.



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## Join the Fun

Follow us on social media for daily wellness tips, stress relief strategies, and healthy recipes!

## National Friendship Day

Call or text a friend today. Social connection is a powerful stress reliever and boosts emotional well-being.

## Practice Gratitude

Write down three things you're grateful for to shift your mindset.

## Coaching Webinar

Join us TODAY for our coaching webinar: The Science of Breathwork. We'll kick things off at Noon CT with our health coaches.



## Morning Hydration

Start your day with a glass of water. Staying hydrated supports energy, focus, and digestion.

## Mini-Getaway

Plan a short weekend getaway or a staycation before the summer months come to an end to celebrate all you've accomplished.

## National Book Lovers Day

Reading reduces stress and helps you unwind. Pick a calming book to read before bed tonight.

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## Balanced Diet

Eating a nutritious diet supports your body from the inside out. It helps boost your energy levels and enhance your mood each day.

## Talk it Out

Share your feelings and stress with a close friend or family member. If you need more support, reach out to a therapist for help.

The essence  
of health is an  
inner kind of  
balance.

## Digital Detox

Turn off screens 30 minutes before bed. Try journaling or reading instead to calm your mind.

## Live Well Work Well

Check out the August Live Well Work Well newsletter! You can find it on our blog or your HealthCheck360 app.

## National Relaxation Day

Take 10 minutes to breathe deeply, stretch, or meditate. Even short breaks can help lower stress levels.



## Eat Light at Night

Avoid heavy meals or snacks before bed. Grab a lighter option like yogurt or a banana if you're hungry.

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## Sunday Reset

Reset your week. Check in with yourself and what you have planned this week by journaling your thoughts and ideas.



## Simple Swaps

Instead of cereals filled with sugar in the morning, try oatmeal topped with fresh fruit and nuts.

## 30 Minutes a Day

Aim for 30 minutes of movement each day. Exercise boosts mood, reduces stress, and improves sleep.

## Fresh Air, Fresh Mind

Sunlight and fresh air are powerful natural boosters for your well-being. Get outside for a walk and soak up some sunshine.

## Skin Check

Healthy habits show on your skin! Hydrate, eat well, and get enough sleep for that natural glow.

Sometimes the  
most productive  
thing you can do  
is relax.

## Celebrate You

Take a moment to celebrate your efforts. Every small step counts towards a healthier lifestyle.

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## Coaching Support

Need help managing stress or other aspects of your health journey? Our Health Coaches are here to support you.

## Mindful Monday

Take 5-10 minutes a day to meditate or perform a breathing exercise. This can help you stay grounded and reduce anxiety.

The greatest  
weapon against  
stress is our  
ability to choose  
one thought over  
another.



## Farmers Market

Have you gone to your local farmers market this summer? Grab some tasty, in-season fruits and vegetables for a fresh dinner.

## Set Boundaries

It is okay to say "no" to help protect your time and energy.

## Deep Breathing

Try the 4-7-8 technique: inhale for 4 seconds, hold for 7 seconds, exhale for 8 seconds. This can help calm your nervous system.

## Habit Tracker

Pick one habit and track it for the next seven days.

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## Reflect & Rest

August is wrapping up! Reflect on your wins and set a new goal for September.

Visit our blog to  
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with the latest from  
HealthCheck360!



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