

Monday

Working from home? Try a lunch-time home work-out to keep up your exercise routine!

6



Suffering from Monday-itis? Put on a motivational music playlist and bop along to some tunes.

13

Kickstart your week with a little exercise. Do 10 squats before you start working!

20



Challenge your colleagues to a step-off this week. Whoever gets the most steps by Friday wins! [Learn more about the benefits of workplace challenges.](#)

27

What's something new you want to learn this week? Even [stressful situations at work can be good learning opportunities.](#)

Tuesday

Healthy body = healthy mind. Fuel your insides today with a nutritious soup or salad.

7

World Health Day reminds us that health is about more than just diet & exercise. [Change your life by changing your behaviours.](#)

14

Hydration tip: Adding fresh fruit or cucumbers to your water, it might inspire you to drink more.

21

Juggling a lot at work? Avoid multitasking. You're less prone to mistakes when you focus on one task at a time.

28

World Day for Safety and Health at Work: Promote safety in the workplace with a fun trivia session. Don't forget the prizes!

Wednesday

1



April Fools: Not only is laughter the best medicine, it's a great way to strengthen social bonds in the workplace!

8



Reflect on your green footprint. Try using more re-useable containers and bags and avoid plastic-packaged items at the market.

15



Feeling financially stressed? Take some time to review your spending and see where you can make some savings or better investments.

22

Become a bookworm and reap the benefits - including improved concentration and sharpened memory.

29

The best way to beat stress is to reach out for support. Ask for help from a colleague, schedule a fun activity with friends, or just relax with family.

Thursday

2

Did you know a good sleep routine can help boost your immune system? [Let's increase the Zs!](#)

9

Don't rush through lunch. Practice mindful eating for a more satisfying break.

16

Try a short guided meditation. It can help reduce anxiety and improve sleep!

23

Did you know that some foods can impact your mood? Highly processed foods may have a negative impact, while foods like fruits & veggies, and whole grains can make you feel good!

30

Digital Detox: Put your devices on silent and put them out of the way for one hour.

Friday

3

Be present. Put your phone down when having face-to-face conversations with family, friends, and colleagues.

10

Did you know naps can help you relieve stress? Schedule a nanna nap this weekend.

17

Unable to leave the house this weekend? Try a sudoku, a crossword or boggle and exercise your brain.

24

Schedule some family time this weekend.