




APRIL 2023

This month, focus on the virtue of transcendence, and how it can help reduce stress in your life. Discover how character strengths such as **Gratitude**, **Kindness**, **Appreciation of Beauty and Excellence** have the power to help you to stay strong during times of adversity, and can help to change the way you see every day life.

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>This April Fool's Day learn how to use the strength of humor to find happiness.</p> <p>1</p>	<p>Learn how to use Character Strengths to support children with autism.</p> <p>2</p>	<p>Studies show that practicing gratitude can be a quick way to de-stress.</p> <p>3</p>	<p>Strengthening your appreciation of beauty and excellence has been shown to boost happiness.</p> <p>4</p>	<p>See where the transcendence strengths rank for you with the Total 24 Report.</p> <p>5</p>	<p>Ignite hope by reflecting on what conditions have led you to be hopeful in your life.</p> <p>6</p>	<p>Learn two ways that you can practice gratitude with your children.</p> <p>7</p>
 <p>8</p>	<p>Take notice of your surroundings. What do you appreciate about your environment?</p> <p>9</p>	<p>Understand the power of appreciation with part 1 of our Strength Booster.</p> <p>10</p>	<p>Discover the importance of mindfulness with this short video.</p> <p>11</p>	<p>Use this fun exercise to bring the strength of hope into your home.</p> <p>12</p>	<p>Take 15 minutes of your day to practice this guided gratitude meditation.</p> <p>13</p>	<p>Learn about the basics of MBSP with Roger Bretherton.</p> <p>14</p>
<p>Write down 5 things to be grateful for this week.</p> <p>15</p>	<p>Use these 10 tips to manage stress during National Stress Awareness Month.</p> <p>16</p>	<p>Boost hope by envisioning how things can work out, despite obstacles along the way.</p> <p>17</p>	<p>Hone in on appreciation with part 2 of our Strength Booster.</p> <p>18</p>	 <p>19</p>	<p>Remember how mindfulness is connected to character strengths.</p> <p>20</p>	<p>Improve your relationships through the use of gratitude.</p> <p>21</p>
<p>This Earth Day take some time to appreciate the beauty of nature.</p> <p>22</p>	<p>Use your top character strength to increase mindfulness.</p> <p>23</p>	<p>Revamp your way of thinking with these 3 simple steps for reducing stress.</p> <p>24</p>	<p>Discover the difference between hoping and wishing.</p> <p>25</p>	<p>Try this daily exercise to put more meaning into the words "thank you."</p> <p>26</p>	 <p>27</p>	<p>Express gratitude by thanking a service worker in your community.</p> <p>28</p>
<p>Consider reading our Strengths-Based Workbook for Stress Relief.</p> <p>29</p>	<p>Discover how to use your character strengths in the face of adversity.</p> <p>30</p>					