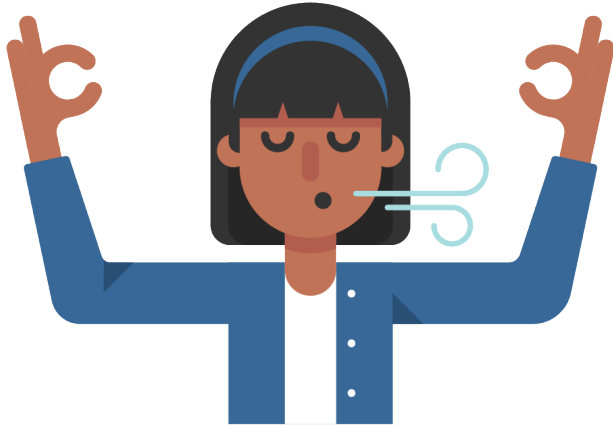
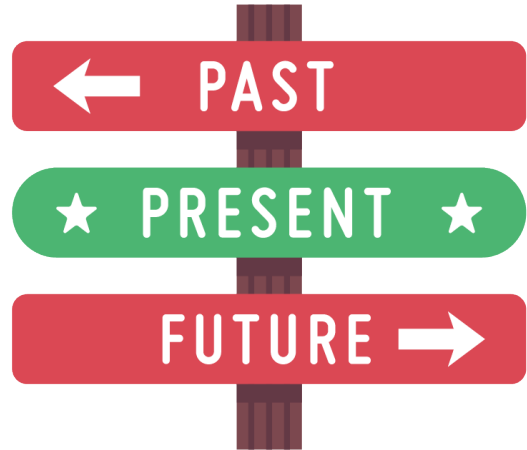


Reduce stress with **THE MONDAY REFRESH.**



BREATHE

Focus on your breathing to settle your mind.



BE MINDFUL

Let go of thoughts about the past and worries about the future. Be in the moment.



SHIFT TO THE POSITIVE

Detach from any harmful feelings and redirect your thinking to be positive.



GET MOVING

Begin an physical activity program. Should you lapse, just hit the Refresh Button next Monday.

**DESTRESS
MONDAY**



THE MONDAY CAMPAIGNS

A health regimen can mean different things to different people. Which is why we have several programs geared toward different aspects of getting healthy. Use one or several of our campaigns below to help people at your organization stay on track with healthy behavior.



Meatless Monday — Good for you. Good for the planet.

A global movement with a simple message: skip meat one day a week. Our goal is to reduce meat consumption by 15%, which is good for you and good for the planet.



DeStress Monday — Start the week positive.

Emphasizes a positive start to the week in order to reduce stress throughout the rest of the week. We provide stress reduction tools to help keep you more mindful, relaxed, and balanced.



Move It Monday — Jump start your week.

Encourages people of all fitness levels to kick off the week with physical activity. We provide simple workouts, tips, and inspiration for individuals, work sites, schools, and communities to move more.



Quit & Stay Quit Monday — Quit and recommit.

A smoking cessation enhancement program that helps smokers quit, re-quit, or recommit to quitting smoking. It can be used by individuals or counselors, or integrated into existing tobacco cessation programs.



Kids Cook Monday — Make Monday night family night.

Designed for families to set aside Monday night for cooking and eating together. We provide family-friendly recipes and video demos along with a free starter family dinner toolkit.



Caregiver Monday — Dedicated to the care of care givers.

Provides caregivers tips and practices to set aside time every Monday to focus on their own health. 67% of caregivers put the health of the family member they care for ahead of their own, and this program helps them establish more balance.



The Monday Campaigns

develops our programming and materials in collaboration with Johns Hopkins, Syracuse and Columbia universities. The Monday movement has grown to a vast network of schools, universities, businesses, community organizations, nonprofits, agencies, and media outlets.

If your organization is interested in collaborating with The Monday Campaigns or would like guidance on using our materials, please contact us at: MondayCampaigns.org/contact