

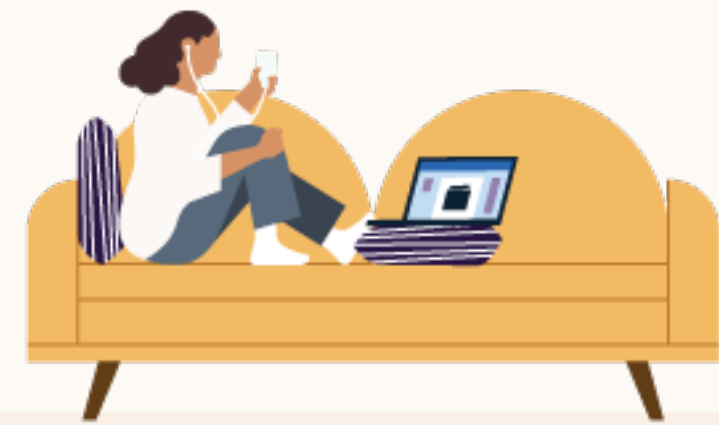
# Keep Calm and Learn On.

Discover new lessons every day which can be completed in around 5-10 minutes.



Monday	Tuesday	Wednesday	Thursday	Friday
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Challenge starts tomorrow!



[Noticing What Matters](#)  
(4m 12s)

[Keeping a Cool Head](#)  
(3m 15s)

[Setting and Enforcing Your Boundaries](#)  
(4m 9s)

**Activity:**  
Take a few minutes to think about some areas you can set boundaries for yourself

[Practice: Restore Balance](#)  
(3m 23s)

[Managing Stress](#)  
(2m 17s)

[Activity: Resilience Resources](#)  
(3m 43s)

[Overcome Fear and Build Confidence](#)  
(3m 37s)

[Overcoming Uncertainty](#)  
(2m 19s)

[Your Spiritual Quotient \(SQ\)](#)  
(4m 20s)

[Keep Your Relationships Top of Mind](#)  
(2m 43s)

[Embracing Discomfort](#)  
(2m 39s)

[The Practice of Loving-Kindness](#)  
(2m 2s)

**Reflection:**  
What were your biggest takeaways from the Keep Calm and Learn On challenge?