

30-Day Stress Relief Challenge



Stress is a part of life. But it doesn't have to be the biggest part.

We put together a challenge to help you unplug from your worries. This list of tips and activities is clinically proven to help people reduce their stress and find peace.

When you're ready to start your challenge, your mission is simple: **Aim to do a calming activity** each day for 30 days in a row. Meditation, soothing stretches, breathing exercises, you name it. You don't have to get it perfect, just do your best.

Are you ready to soothe your mind and body? Let's dive in!



Check off all the days when you did a calming activity.

Click the squares on the left side of each day, or print this out and fill them in by hand.



1

Managing your stress better can help you sleep, lose weight, manage your health, and even live longer. What's your motivation for relieving stress? **Write it down** and keep that reminder handy!



2

Feeling stressed? Take a deep breath. This **simple breathing exercise** is an easy, effective way to relax a bit.



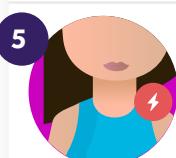
3

Try that deep breathing exercise again. If you're curious why this exercise works, we created a **helpful guide** to explain the benefits of a deep breathing practice.



4

Measure the difference. **Keep a log** for your deep breathing exercises so you can see for yourself how you feel before and after.



5

Sometimes our bodies know we're stressed before our brains do. Is your jaw clenched? Is your neck stiff? Are your shoulders tight? When you're stressed, **check in with your body** and take note of any areas that feel tense.



6

Relax your body from the inside out! Try this soothing **progressive muscle relaxation activity** for some relief.

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7

Moving your body is one of the best things you can do to manage stress. You might be surprised how good you feel after some push-ups, a quick walk, some jumping jacks, or any other form of activity. Check in with yourself to see how you feel before and after!



8

Sure, you can react to stress. But what's causing it? Take a moment to **jot down** the specific things that feel overwhelming or stressful. You have to name it to tame it!



9

Stress relief is important. But how do you fit it into a full day? These **5-minute stress solutions** are perfect for busting stress when you're short on time.



10

Caffeine got you feeling frazzled? Swap out the usual coffee for some flavourful **herbal tea** for a more natural pick-me-up. Flavours like cinnamon and mint can give you a great morning lift!



11

Ready to take your stress relief to the next level? This **simple meditation** is a proven way to help reduce stress, and doing it often can have amazing long-term benefits.



12

Certain scents can trigger a calming effect. Lavender, lemon, bergamot, and jasmine have all been shown to have powerful stress relief properties. Find your favourite and enjoy it from a candle, a diffuser, or essential oils.



13

A chaotic home can be stressful in and of itself! Claim a specific spot in your home to **create your Zen zone**.



14

Feeling overwhelmed? **Ask for support.** Delegate some work to a coworker. Tap in your partner or the kids for chores around the house. Talk things out with a friend. You don't have to do it alone!



15

Take a moment all to yourself. This **calming meditation** is a great way to slow down and tune into the present moment.

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You're halfway through! How's your stress relief challenge going? This challenge is meant to help relieve you, not add stress. **Take note** of which calming activities have worked so far!

Racing thoughts keeping you awake? Write down your thoughts before you head to bed. Here are [5 bedtime journaling prompts](#) to get you started.

The bathroom might be one of the only places you have to yourself. So make the most of it! Treat yourself to an **extra long bath or shower** to soothe tension and steam out your worries.

A busy schedule can make it tough to get the stress-relieving movement your body needs. Here are some expert tips to squeeze in some [exercise strategies for busy lifestyles](#).

It's common to turn to sugar for immediate relief. But this can actually make stress worse in the long run. Fuel up with healthy foods like **fruits and leafy green veggies** to fight stress before it pops up.

Take a 1-minute mini vacation. Unwind and escape with this [soothing beach scene](#).

Small levels of stress are normal and even healthy! But stress becomes a problem when it's constant, or when it's overwhelming. **Prioritize your planning efforts on any chronic stressors**—those are the biggest fish to fry.

Try not to use food to cope with stress. Instead, use the process of eating to help you tune into the present moment and clear your head. This [mindful eating activity](#) is clinically proven to help!

Music can be a huge stress reliever. Look up a **peaceful playlist** online, or make one of your own!

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Did you know you can walk and meditate at the same time? Try this [guided walking meditation](#) to build up your emotional and physical muscles.



26

The weather, the news, public health concerns: So often the most stressful things in life are mostly out of our control. Do all you can to stay safe and healthy, but **remind yourself of the things you can't control**. This is an important step in acceptance and finding relief.



27

Still need more stress-buster ideas? Here are [8 ways to better manage stress](#).



28

How much water have you had today? **Staying hydrated** is an important part of staying balanced. Drink up!



29

We've saved a really powerful stress relief activity for the end. This [10-minute loving kindness meditation](#) is a beautiful way to manage your stress and to feel connected.



30

You've made it to the end of the 30-Day Stress Relief Challenge! Which of these stress management tactics worked best for you? Practice your favourite activities 2-3 times per week to keep managing your stress and prioritizing your health.