

28 DAYS OF STRESS MANAGEMENT

| BODY | HEART | MIND | LEARN | NATURE | CREATIVE | SELF |
|--|--|---|---|---|---------------------------------------|--|
| 1 Do 10 minutes of stretches | 2 Call, text or email a friend you haven't seen for a while | 3 Meditate | 4 Listen to a podcast about health or self-improvement | 5 Spend 5 minutes examining a plant or flower | 6 Look at some art | 7 Do the VIA strengths survey to learn your strengths |
| 8 Take a bath, spa or go for a swim | 9 Tell someone you love them | 10 Play a word game like Wordle, brain teaser like Sudoku, or do a crossword | 11 Try Duolingo (or another language learning app) | 12 Connect with the earth by laying down, or standing barefoot | 13 Make something | 14 Figure out what your personal values are |
| 15 Eat only healthy food today | 16 Send a postcard | 17 Read a few pages of a book (or listen to an audiobook) | 18 Watch a TED talk | 19 Go for a walk, ideally at sunrise or sunset | 20 Write a short story, or a haiku | 21 Set some life goals with a napkin plan |
| 22 Drink 2 litres of water today | 23 Listen to a song that makes you feel nostalgic | 24 Do a puzzle, or play a board game | 25 "Interview" a knowledgeable friend on a topic | 26 Sit in your garden or a park and watch for birds | 27 Draw something | 28 Start a gratitude journal |