



Kick Stress To The Curb

Over time, continued strain on your body from **stress** may contribute to serious **health** problems, such as heart disease, high blood pressure, diabetes, and other illnesses, including mental disorders such as depression or anxiety

This stress challenge invites you to relax and de-stress from every day life.

PUT A CHECK MARK ON EACH BOX THAT YOUR ARE ABLE TO ACCOMPLISH.

Drink more water	Go to bed early	Make a wholesome breakfast	Make time for "Me"	Practice Self Love	Listen to a new podcast
NO COMPLAINT DAY	Take a walk	Exercise with a friend	Write a self love letter	Write Gratitude List	Unplug from social media
RELAX!	Listen to your favorite music	Dance with your family	Get a massage	Do something you enjoy!	Watch a movie with a friend or family member
COLOR	Wellness Journal	Take a nap	Light your favorite scented candle	Meditation	Sit and enjoy a warm cup of coffee or tea