








# JANUARY

MANAGE STRESS!



SUN	MON	TUE	WED	THU	FRI	SAT
			THINK ABOUT THE WAYS YOU DEAL WITH STRESS	COUNT YOUR BREATHS FOR 5 MINUTES	OBSERVE A NATURE SCENE FOR 10 MINUTES 	GROUND INTO YOUR BREATH DURING A STRESSFUL TIME
TAKE TIME TO APPRECIATE YOUR SUCCESSES	PRACTICE PROGRESSIVE MUSCLE RELAXATION	MAKE A LIST OF THINGS YOU CAN & CAN'T CONTROL	AVOID SUGAR-SWEETENED BEVERAGES AND SNACKS	START THE DAY WITH A RELAXING ACTIVITY	SPEND 10 MINUTES IN COMPLETE SILENCE	GET A MASSAGE! 
TAKE A WALK - WITHOUT MUSIC OR A PHONE!	ENJOY A PIECE OF CONTENT WITHOUT DISTRACTIONS	EAT IN PEACE: ENJOY A CALM, PEACEFUL MEAL	DO SOME SLOW FLOW YOGA	DO 5-10 MINUTES OF MINDFUL BREATHING	MAKE DINNER PLANS - TURN OFF YOUR PHONE	NOTICE YOUR BREATH DURING A STRESSFUL TIME
ASK FOR HELP 	AVOID ALCOHOL AND OTHER SUBSTANCES	FEEL STRESSED? TAKE A BREAK TO MOVE 	PRACTICE A SITTING MEDITATION AT WORK	MINDFULLY WATCH THE CLOUDS OR BIRDS!	FEEL TENSION IN YOUR SHOULDERS - RELEASE IT	PRACTICE A SENSE OF AWE OR WONDER AT SOMETHING
LIMIT YOUR SCREEN TIME (OUTSIDE OF WORK)	GET CREATIVE. PAINT, DRAW OR WRITE A STORY 	ACHIEVE A PERSONAL BEST (AT ANYTHING!)	DO SOMETHING UNPLEASANT YOU'VE BEEN PUTTING OFF	DO SOMETHING PLEASANT YOU'VE BEEN PUTTING OFF	CHALLENGE YOURSELF IN PHYSICAL ACTIVITY	 TRY THESE CHALLENGES AGAIN NEXT MONTH!

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