

# 30-DAY STRESS RELIEF CHALLENGE

Manage Stress To Reduce Cortisol & Other Stress Hormones

<p><b>1</b> Slowly Inhale &amp; Exhale 10 Times After Waking</p>	<p><b>2</b> Journal Down Negative Thoughts On Paper - Ball It Up or Shred It And Throw It Away</p>	<p><b>3</b> Clean &amp; Organize The Room You Are In The Most</p>	<p><b>4</b> Light Your Favorite Scented Candle:</p>	<p><b>5</b> Stay Off Social Media Sites Today</p>
<p><b>6</b> Listen To Sounds Of Nature Before Bed - Examples, Rain Sounds, Thunder, Birds Chirping</p>	<p><b>7</b> Close Your Eyes &amp; Visualize Something In Nature (Non-Human) That Makes You Happy</p>	<p><b>8</b> Help Someone Today- Give Words Of Kindness, Food, or Clothing</p>	<p><b>9</b> Reflect Back To An Unpleasant Event &amp; Imagine You Are Helping The Past You</p>	<p><b>10</b> Write Poetry About Your Visualization From Task Seven</p>
<p><b>11</b> Hug A Close Family Member Today For As Long As They Allow You ( Under Healthy Conditions)</p>	<p><b>12</b> Take A Moment To State All The Things You Are Grateful For, Either Out Loud or In Your Head</p>	<p><b>13</b> Draw Your Visualization From Task Seven</p>	<p><b>14</b> Drink Your Favorite Warm Herbal Tea And Read The First Chapter Of A Motivational Book</p>	<p><b>15</b> Watch A Show From The Past That Made You Laugh</p>
<p><b>16</b> Drink Your Favorite Warm Herbal Tea And Read The Second Chapter Of A Motivational Book</p>	<p><b>17</b> Write Down 20 Things That You Look Forward To</p>	<p><b>18</b> Get 8 Hours Of Sleep Today</p>	<p><b>19</b> Consume Probiotics Which Can Be Found In Yogurt, Sauerkraut, Kimchi, Kefir, Coconut Vinegar</p>	<p><b>20</b> Write Negative Thoughts On Paper, Then Cross Each Out As You Write A Positive Thought In Contrast</p>
<p><b>21</b> Prepare and Plan For Tommorrow</p>	<p><b>22</b> Visualize A Red Balloon. With Each Inhale &amp; Exhale Imagine It Is Expanding &amp; Shrinking</p>	<p><b>23</b> Eat A Veggie Rich Meal For Lunch Today</p>	<p><b>24</b> Perform A Hand And Foot Massage Rubbing Thick Oils &amp; Creams On Your Feet</p>	<p><b>25</b> Deeply Inhale &amp; Exhale When You Feel Negative Emotions Today, Until You Are Calm</p>
<p><b>26</b> Buy An Inexpensive Gift That Brings You "Joy" From A Small Business Such as Esty Sellers</p>	<p><b>27</b> Eat Dark Chocolate With At Least 70% Cocoa- or Have A Custom Fruit Smoothie</p>	<p><b>28</b> Workout Using A Dance Exercise Tutorial, Which Can Found On Youtube</p>	<p><b>29</b> Try A New Recipe Today Or Order A New Meal</p>	<p><b>30</b> Look For A New Challenge, Feel Victorious While Improving Your Life</p>

**\*Overproduction of cortisol can deprive the body of vitamins, leading to an increased amount of free radicals and fewer antioxidants to stabilize.**

**\*Excess cortisol leads to inflammation that causes cell death, cellular aging, and tissue degeneration.**

**\*Excess cortisol can heighten the fear of a perceived threat, which conditions a stress response.**

