



SUN	MON	TUES	WED	THURS	FRI	SAT
Take A Walk	Clean Up Your Social Media Feed	List 5 Positive Things	Listen/ Dance To Music That Makes You Happy	Declutter 1 Room In Your House	Play A Game With Friends Or Family	Take An Epsom Salt & Lavender Bath
Plant Something	Stretch For 15 Minutes	Drink A Cup Of Hot Tea & Read	Stay Offline For 24 Hours	Rearrange Your Livingroom	Sit Under The Stars	Go For A Hike
Write Out Your Goals For The Next 3 Months	Send 2 Thank You Notes	Get A Massage Facial Or Manicure	Drive With The Windows Down & Music Up	Journal Or Draw For 20 Minutes	Organize & Clean Out 1 Closet	Visit A Park
Meet A Friend For Lunch	Sit In The Sun For 20 Minutes	No TV All Day	Buy Or Pick A Bouquet Of Flowers	Call A Friend You Haven't Talked To Lately	Do 30 Minutes Of Yoga	Make A Meal For A Neighbor
Watch The Sunset	Make A List Of People You're Grateful For	Meal Plan For The Next Week	Meditate For 20 Minutes	Meet A Friend For Coffee	Visit A River or Lake	Go To Bed Early

## 35 Days of Less Stress

**Reflect:**  
 As you go, highlight the days that help you the most.  
 At the end of the 30 days, add your highlighted items to your calendar for next month.