

31 to DE-STRESS DAYS CALENDAR

Fun & simple things you can do to be happy, healthy, and calm
....everyday



Suzanne Harris

Having a variety of ways to cope with daily challenges gives you the opportunity to live and enjoy your life to its fullest.

Wishing you joy, serenity, and calm

~Suzanne Harris

Get ready! Get set! Go! This challenge is quite simple and will be loads of fun for you. Challenge yourself to complete all of the activities on this calendar by the end of the month. Put a check inside the box after completing. Connect with me on Instagram and post your results.

31 Days to De-stress

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meditate 1 Close your eyes, sit comfortably & upright. Just focus and put attention on your breath.	Be Mindful 2 Choose any object. Give it all of your attention. Notice every detail.	Deep Breathing 3 Inhale through your nose as your stomach expands & exhale through your mouth. Focus on breathing	Muscle Relaxation 4 Starting with your toes, relax each body part, moving towards your head.	Take a stroll 5 and enjoy nature at a park or a walking trail.	Play with a fun stress reliever. 6 Try a miniature ball, a desk top punching bag, or something silly.	Blow bubbles 7 & watch as they pop or float away. It's fun to watch them freeze in cold weather.
Take a soak 8 in your favorite body wash.	Sit in warmth of the sun 9 & read poetry or something inspirational.	Candle Meditation 10 Light your favorite scented candle. Sit quietly & focus on the flame.	Mantra Chant 11 Repeat the words <i>joy, peace, love</i> in a low, slow voice several times.	Listen to relaxing music 12 (ocean waves, nature, or zen) with a glass of your favorite drink.	Dance 13 to your favorite happy & upbeat song.	Eat some mood boosters 14 – oatmeal, orange, walnuts, blueberries, strawberries, dark chocolate, avocado.
Doodle 15 and let your inner child come out	Color a mandala. 16 You can print one or color one online.	Visualize 17 your favorite place---the ocean, on a beach watching a beautiful sunset.	Play 18 any instrument just for fun with no pressure for a perfect tune.	Watch a funny video. 19 Ex: Ellen's Most Screamworthy Scares	Heart Meditation 20 Put your hand over your heart and recite the words--- Peace, Love, Joy	Make a list 21 of your pleasant experiences & get in touch with the feeling of each one.
Play a fun board or card game 22 with a child or another adult.	Make your own stress relieving sachet 23 filled with essential oils and flower petals.	Dry brush your body 24 using a long handle, natural bristle brush and then enjoy a warm bath.	Wear something yellow or orange 25 to lift your mood and energize you.	Drink some Sleepytime tea 26 and enjoy an afternoon nap.	Enjoy a painting session 27 by yourself or take a class.	Do some simple exercises 28 and body stretches.
Do something kid-like--- 29 hoola hoop, pop balloons, or find your own kiddie thing to do.	Sing, Beautiful Day 30 by Jamie Grace or another mood-boosting song.	Pop bubble wrap 31 for one minute. Buy some or choose a free bubble wrap app.	<p>I hope you had lots of fun with these stress relieving activities. ☺ You are welcome to connect with me on Instagram for more resources and information.</p> <p>@empowerment_queen</p>			

Additional Resources

One Minute or Less Stress Busters:

*Eat dark chocolate

*Stretching exercises

*Chant the word “*om*” softly.

*Listen to the soothing sound of a portable waterfall.

*Use stress-relieving gadgets: wooden foot roller, back scratchers, etc

*Lie on floor, put both legs up against a wall, side by side and just be quiet and still

*Get colored pencils or markers and make some colorful doodles on paper

*Use mental imagery and your senses to imagine a relaxing place (beach, park).

Come on over and...

Follow me on Instagram

@empowerment_queen

for inspiration, resources, strategies, tips, for your well-being and happiness.

With love & joy,
Suzanne