

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