



# 30 DAY STRESS PLAN



 MAKE A LIST OF YOUR HOMEWORK	 GO ON A WALK	 CLEAN OUT YOUR BACKPACK	 DRINK 3 CUPS OF WATER	 SIT OUTSIDE FOR 10 MINUTES
 DO WORK WITH A FRIEND	 TAKE A NAP	 EAT A FRUIT OR VEGGIE	 TALK ABOUT YOUR DAY TO SOMEONE	 COMPLIMENT SOMEONE
 DO 3 SETS OF 10 SQUATS	 GET FOOD FROM OUTSIDE YOUR HOME	 PUT YOUR PHONE DOWN FOR 30 MINS	 LISTEN TO A GOOD SONG	 CLEAN YOUR WORKSPACE FOR 10 MINS
 MESSAGE SOMEONE 'HELLO' FIRST	 EAT PROTEIN (EX. MEAT OR CHEESE)	 READ A BOOK FOR 20 MIN	 GO TO BED 1 HOUR EARLIER THAN USUAL	 SET TIME ASIDE TIME TO COMPLETE HW
 JOURNAL ABOUT YOUR DAY	 PLAN A HANGOUT WITH A FRIEND	 DO A HOUSEHOLD CHORE	 SIT OUTSIDE FOR 30 MINUTES	 DO 10 PUSHUPS
 WAKE UP 20 MINS EARLIER THAN YOU USUALLY DO	 WASH YOUR CLOTHES/ DO A LOAD OF LAUNDRY	 SET ASIDE AN HOUR FOR RELAXATION	 BEACH/PARK DAY!	 HUG (OR APPRECIATE) SOMEONE YOU LOVE