

30 day challenge to help you stress less!

 <p>1 Clean, organise & refresh your work space</p>	<p>2 List everything positive from your day</p>	<p>3 Plan something to look forward to</p> 	<p>4 Take a bath & pamper yourself</p>	<p>5 minutes to reflect</p>	<p>6 Spend some quality time with family</p> 	 <p>7 Get an early night for the week ahead</p>	
<p>8 Create a to-do list to help you prioritise</p>	<p>9 Practise a grounding technique 5-4-3-2-1</p>	<p>10 minutes to do nothing</p>	<p>11 Set yourself a physical challenge</p> 	<p>12 Check in with your support networks</p>	 <p>13 Try out a new recipe</p>	<p>14 Set yourself a positive daily affirmation</p> 	
 <p>15 Get up early & watch the sunrise</p>	<p>16 Do some mindful doodling</p> 	<p>17 Take regular breaks at work</p>	<p>18 Practise breathing techniques & meditation</p>	 <p>19 Take a walk in nature</p>	<p>20 Volunteer your time or donate to a good cause</p>	 <p>21 Complete a digital detox</p>	
<p>22 Carry out random acts of kindness</p>	<p>23 Write a list of gratitudes</p> 	<p>24 Learn a new skill</p> 	<p>25 Share something positive with others</p>	<p>26 Reach out to a friend</p> 	<p>27 Practise being kind to yourself</p> 	 <p>28 Start reading a new book</p>	
<p>29 Create a new daily schedule</p> 	<p>30 Ask for help if you need it</p> 	<p>Complete our 30-day challenge to reduce stress, build resilience, and boost your mental wellbeing.</p> <p>#StressLessDevon</p>				 <p>Mind Devon www.devonmind.com Registered charity no. 1181767, registered company no. 10281020</p>	