

# 30 day challenge to help you stress less!



**1**  
Clean, organise & refresh your work space

**2**  
List everything positive from your day

**3**  
Plan something to look forward to



**4**  
Take a bath & pamper yourself

**5**  
minutes to reflect

**6**  
Spend some quality time with family



**7**  
Get an early night for the week ahead



**8**  
Create a to-do list to help you prioritise

**9**  
Practise a grounding technique  
5-4-3-2-1

**10**  
minutes to do nothing

**11**  
Set yourself a physical challenge



**12**  
Check in with your support networks

**13**  
Try out a new recipe



**14**  
Set yourself a positive daily affirmation



**15**  
Get up early & watch the sunrise



**16**  
Do some mindful doodling



**17**  
Take regular breaks at work

**18**  
Practise breathing techniques & meditation

**19**  
Take a walk in nature



**20**  
Volunteer your time or donate to a good cause

**21**  
Complete a digital detox



**22**  
Carry out random acts of kindness

**23**  
Write a list of gratitudes



**24**  
Learn a new skill



**25**  
Share something positive with others

**26**  
Reach out to a friend



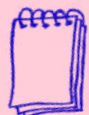
**27**  
Practise being kind to yourself



**28**  
Start reading a new book



**29**  
Create a new daily schedule



**30**  
Ask for help if you need it



Complete our 30-day challenge to reduce stress, build resilience, and boost your mental wellbeing.

#StressLessDevon

 **Mind Devon**

[www.devonmind.com](http://www.devonmind.com)

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