

30 Day Stress Management Guide

1 Write down 3 things you are grateful for	2 Get creative: Draw, colour, paint or sew	3 Phone a friend or family member	4 Sit outside and listen to the noises around you	5 Watch a funny film/tv show	6 Plant something	7 Try the 4-7-8 breathing technique *
8 Plan and cook a healthy meal	9 Listen to your favourite song	10 Set yourself a digital detox	11 Start reading a new book or finish one you gave up on	12 Set yourself a daily positive affirmation	13 Write a message to someone you care about	14 Write down 3 things that have helped in the last 2 weeks.
15 Meet up with a friend	16 Do a puzzle	17 Spend time outdoors after you wake up	18 Do some mindful movement	19 Listen to a podcast	20 Write down 3 positive things about yourself	21 Do some stretches
22 Sit outside in nature	23 Try a new exercise	24 Write down 3 highlights from your day	25 Sing or dance	26 Give someone a compliment	27 Pause and check-in with yourself	28 Pamper yourself: take some time for self care
29 Learn something new	30 Write down 3 things that have helped this month					

*The 4-7-8 breathing technique involves breathing in for 4 seconds, holding the breath for 7 seconds, and exhaling for 8 seconds.