

Stress Less Challenge

Try out these daily activities for reducing stress and feeling better. Having less stress leads to improved overall health, according to research.



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| <p>Sunday Read "6 Ways to Relieve Stress" on the SilverSneakers Blog.</p> <p>Done! <input checked="" type="checkbox"/></p> | <p>Monday Notice what physical sensations you have while stressed, and write them down.</p> | <p>Tuesday Call a loved one.</p> | <p>Wednesday Take a few minutes to sit quietly and feel your abdomen fill with air while you inhale.</p> | <p>Thursday Smile, even if you're by yourself.</p> | <p>Friday Spend time doing something creative, such as a crossword puzzle or drawing.</p> | <p>Saturday Lay down and read a favorite book.</p> |
| <p>Sunday Plan a coffee date with a friend.</p> | <p>Monday Step outside for some fresh air.</p> | <p>Tuesday Count the length of your inhale and the length of your exhale for five complete breaths.</p> | <p>Wednesday Perform a random act of kindness and do something nice for someone else.</p> | <p>Thursday Read "Feel Happier Instantly" on the SilverSneakers Blog.</p> | <p>Friday Repeat your favorite activity thus far.</p> | <p>Saturday List five things for which you feel grateful.</p> |
| <p>Sunday Do something to express your gratitude for someone in your life.</p> | <p>Monday Read "The Breathing Technique That Reduces Stress" on the SilverSneakers Blog.</p> | <p>Tuesday Go for a walk.</p> | <p>Wednesday Give back. Find an opportunity to volunteer your assistance.</p> | <p>Thursday Journal or write down your thoughts (any type of thought you are having).</p> | <p>Friday Take a mindful moment: pause and focus on one of your five senses (smell, sight, sound, etc).</p> | <p>Saturday Repeat your favorite activity thus far, and consider making this activity a regular one.</p> |
| <p>Sunday Spend 10-15 minutes outside to soak up some sunshine and vitamin D.</p> | <p>Monday Attend a social gathering of any kind (church, community event, SilverSneakers class).</p> | <p>Tuesday Listen to your favorite song or music genre.</p> | <p>Wednesday Try a progressive muscle relaxation (focus on one body part at a time).</p> | <p>Thursday Spend five minutes performing your favorite stretch or exercise.</p> | <p>Friday Repeat a different favorite activity thus far.</p> | <p>Saturday Make a list of your favorite stress-reducing activities. Plan them into your routine.</p> |