

Have some fun! Lower your stress

Name: _____

(pencil works best on the form)

Stretch on weekends _____ _____	Continue to participate in the morning stretch program at work.	Stay Hydrated. Drink 64 ounces of water throughout the day for 20 out of 30 days.	Freebie: Do whatever you want to relax and enjoy!	Don't sweat being behind. Make a priority list and tackle one item at a time.	Feeling especially tired tonight? Rather than just vegetate, take a short ATV ride or car ride with windows down and enjoy the fresh air and evening.
Take a walk or stroll four times _____ _____	Give yourself a time out. Go somewhere alone to ponder, reflect, and relax.	If you find yourself continually craving something or looking for food, go find something to do.	Take a nap or lie down and rest for a while on your day off.	Connect with others, go visit a sick friend, call your grandchildren or children, write a letter.	Write down your frustrations and stressors to rid yourself of them. Then destroy the paper so others are not offended.
Focus on eating lighter meals in the evening (avoid heavy meals).	Have a barbeque, enjoy the evening, and don't worry about the yard work.	Forget about the priority list today or this weekend and go do something fun!	Eat 90 servings of fruits and/or vegetables.	Focus on keeping your bedtime routine regular.	Work on relaxation breathing. Find carotid pulse in neck. Breathe in to four beats and out to four beats. Perform for one minute and feel your body relax.
Splurge tonight. Have a piece of chocolate, pie, ice cream etc. Enjoy it!	Play a board game or cards with family or friends. .	Freebie: Do whatever you want to relax and enjoy!	Go on an overnight trip, weekend getaway, or fishing, etc.	Get out and do your favorite activity (golf, fish, horse ride, ATV, shed hunt, photography, etc.)	Perform a hobby or read a book you enjoy rather than just sitting and watching TV or surfing the internet.

- Do no more than 3 activities per week. The soonest this initiative can be completed is September 13, 2020.
- You cannot count activities completed before July 13, 2020.

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