

# 30 Day Stress Reduction Challenge

- Day 1 Listen to music that improves your mood/energizes you
- Day 2 Watch a sunrise/sunset
- Day 3 Go for a walk
- Day 4 Cut caffeine intake by 1 drink
- Day 5 Stop by Reynolds or Memorial lounge for aromatherapy
- Day 6 Begin your day with gratitude journaling
- Day 7 Call a friend that you miss from high school
- Day 8 Ecotherapy – Lay under a tree/observe the leaves
- Day 9 Use one of the massage chairs in Reynolds or Memorial
- Day 10 Mindfulness/Meditation
- Day 11 Breathe in some fresh air
- Day 12 Set a couple of daily goals and achieve them
- Day 13 Stop by Friend Hall lounge and create art
- Day 14 Forgive yourself for past mistakes
- Day 15 Relax with a cup of tea
- Day 16 Put your phone away for at least 1 hour
- Day 17 Cardio drumming on the quad
- Day 18 Drink some tea
- Day 19 Exercise for 20 minutes
- Day 20 Laugh laugh laugh
- Day 21 Read about something uplifting
- Day 22 Add 1 fruit or vegetable to your plate
- Day 23 Use guided journaling prompts
- Day 24 Introduce yourself to one new person
- Day 25 Take a mindful shower or bath
- Day 26 Open a window/get out of your dark room
- Day 27 Go for a drive without a purpose
- Day 28 Attend a campus activity of your choice
- Day 29 Buy a plant, plant a plant, care for a plant
- Day 30 Visit the equine barn for horse therapy