



STRESS MANAGEMENT TIPS

DAY 1

Articulate the strengths that enable your positive moments

DAY 2

Wander in nature with your camera and your appreciation of beauty

DAY 3

Grab coffee with a friend (and use your social intelligence!)

DAY 4

Boost your self-regulation with a mindfulness meditation practice

DAY 5

Ignite your strength of humor – watch a cat video

DAY 6

Start a gratitude journal

DAY 7

Relax with a good book

DAY 8

Reframe your stress as a challenge

DAY 9

Play with your dog at the park

DAY 10

Listen to the sounds of nature with deep curiosity

DAY 11

Take a photo of something or someone that you love

DAY 12

Start a visual appreciation of beauty & excellence log

DAY 13

4-count breathe in, 7-count hold, 8-count breathe out.

DAY 14

Enjoy a cup of tea and some relaxing tunes

DAY 15

Allow your creativity to unfold during a long shower or relaxing bath

DAY 16

Use your love of learning and put a challenging puzzle together

DAY 17

Enjoy the outdoors by going for a zestful jog

DAY 18

Use your judgment to ask yourself: "Is this something I am still going to worry about in a year?"

DAY 19

Laugh with a friend on the phone

DAY 20

Use your curiosity and love of learning to dig into a topic of interest

DAY 21

Tap into your spirituality during a yoga practice

For more ideas on using your character strengths to relieve stress, visit: www.viacharacter.org/topics/stress