Stress Management Challenge
Tracking Sheet

Directions

Chronic stress has a negative impact on the body and mind. So each day try to write down your biggest stressor in the appropriate calendar box. This could be something specific (e.g. sitting in traffic on the way home to and from work), or it might be more broad, (e.g. my boss)—whatever is consuming most of your joy that day. Some stressors we cannot avoid, so relaxation skills are great tools to create calmness where we gain a clear headspace and a way to accept what we cannot control.

Select at least one stress-relieving technique from the list to try that day. Write down the number of techniques tried in the calendar box. Feel free to use your own strategies.

Not everyone is affected equally by stress management techniques, so try to use a variety of strategies to discover which ones are the most effective for you.

Through these exercises you can develop habits for consciously relieving stress by learning to reflect on your day and find patterns in your stressors. Taking time for yourself in life is important for managing and maintaining your health.

Remember to sleep well, eat well, socialize with loved ones, move actively, and breathe-in, through tough times!
# 30 Examples of Stress-Relieving Techniques

1. Take a warm bath  
2. Work on a puzzle  
3. Get some exercise (at least 30 minutes)  
4. Enjoy some dark chocolate  
5. Talk to a friend  
6. Work in the garden  
7. Organize a messy area  
8. Spend time with a pet  
9. Read a book for pleasure  
10. Listen to music  
11. Take a walk  
12. Drink hot tea  
13. Do some yoga stretches  
14. Meditate  
15. Eat a healthy snack  
16. Take a swim  
17. Watch a funny video

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### 30 Day Stress Management Challenge

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Is there a stressor that continues to surface the most?

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Reflect on this month's good and bad moments. Did you find something worth enjoying? Did you find a technique most effective?_____________________________________________________

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Write your own stress relieving technique: ________________________________