



April 2024 LIFE Challenge

Earn 10 LIFE Points!



April is Stress Awareness Month. Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life. *After April 30th turn in your 30-Day Stress reduction Challenge with days checked off that you completed to Kristina Loughborough at Macon County Public Health to receive your 10 LIFE Points, or email kloughborough@maconnc.org.



30-Day Stress reduction Challenge

Take the next 30 days to try this stress reduction challenge.



<p>1 Do a 5 minute meditation. Find a quiet spot, close your eyes and take 10 long deep breaths.</p>	<p>2 Practice mindful eating. Have one meal where you are eating while doing nothing else. Savor the flavors.</p>	<p>3 Take a walk. Go for a 15-minute walk. Focus on your breath and be aware of your surroundings.</p>	<p>4 Make a To Do list. Check things off as you complete the tasks to feel a sense of accomplishment.</p>	<p>5 Be in the moment. Try not to multitask. Sometimes it's more beneficial to focus on one task at a time.</p>	<p>6 What is draining your energy? Do these "energy sappers" really need to be in your life? Pick one and reduce your time with it.</p>
<p>7 Choose a super food. Try a food with multiple health benefits today. (Sweet potato, berries, kale/spinach.)</p>	<p>8 Take time for you. Set aside 15–30 minutes today just for you. (Relax, go for a walk, read a book.)</p>	<p>9 Make a budget. Look at your monthly budget. Write down all of the required expenses. Determine where any extra money would be spent.</p>	<p>10 Cook a healthy, easy dinner. Create a simple, healthy meal with 5 ingredients or less. (Veggie omelets with whole grain toast, low fat grilled cheese.)</p>	<p>11 Do some deep breathing. Take in a slow, deep, long breath counting to five. Release as much of the air as you can. Repeat 3–4 times, twice today.</p>	<p>12 Engage in guided imagery. Sit quietly and imagine yourself in a relaxing place. Bring all your senses in. Do this for 10 minutes today.</p>
<p>13 Practice coping skills. Create a list of all the ways you deal with stress. Think of one new technique and try it today.</p>	<p>14 Appreciate yourself. Choose one thing you like about your life or yourself and write it down. Look at it often as a reminder to appreciate yourself.</p>	<p>15 Share. Share your favorite stress management technique. Exchange ideas to get support and help someone. Giving is very rewarding.</p>	<p>16 Laugh. Laughing is both a physical and mental stress reliever.</p>	<p>17 Do 30 minutes of activity. Perform 30 minutes of activity today. You can break this up into three 10-minute sessions.</p>	<p>18 Have a day of optimism. Think positive, be grateful, do not complain, believe that you can accomplish something, be confident.</p>
<p>19 Plan a relaxing lunch. Schedule a lunch break with no work. Pack something healthy and delicious.</p>	<p>20 Change your routine. Drive a new way home. Take a break at a different time than usual. Change your routine to see the world differently.</p>	<p>21 Limit screen time. Spend one day with limited time on all screens. Only use your devices for necessary communication.</p>	<p>22 Sleep better. Go to bed 20 minutes earlier tonight. Try meditation, stretching or deep breathing before bed to improve quality of sleep.</p>	<p>23 Drink smart. Cut back on caffeine, sugar and fat in your drinks. Extra calories, sugar and sodium can be hidden in beverage choices. Choose water!</p>	<p>24 Communicate effectively. Rather than getting angry, take a moment to calm down. How you communicate matters in having healthy, stress-free relationships.</p>
<p>25 Choose one. Take a bath; pet your dog or cat; enjoy a cup of herbal tea; write a letter; listen to music; watch a funny video.</p>	<p>26 Write it on paper. Place your thoughts on paper. Seeing your thoughts on paper can help alleviate stress and bring order into your life.</p>	<p>27 Trust your instincts. Be confident in your decisions. Follow through with something you believe in or want to accomplish today.</p>	<p>28 Track your stressors. Track all the things that cause you stress. Which ones were worth it? Reflecting on your responses is the first step to making positive changes.</p>	<p>29 Practice time management. Plan your time efficiently today. Get up earlier, space out errands, allowing enough time for unplanned roadblocks.</p>	<p>30 Be flexible. We often have to make compromises or alter our behavior. Be willing to meet someone halfway on a project or personal issue.</p>

NAME: _____

DEPARTMENT: _____