

# 31 Ways To Stress Less

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|--|--|--|---|--|--|---|
|  |  | 1<br><a href="#">Read a book.</a>                | 2<br>Diffuse lavender and peppermint oil.                     | 3<br>Have a media fast for the day.                                  | 4<br>Stretch in the morning and in the evening.        | 5<br>Make time for your favorite hobby today.     |
| 6<br>Listen to music you love.                               | 7<br>Enjoy a peaceful walk outside.            | 8<br>Learn something new.                        | 9<br>Start your morning off with prayer.                      | 10<br><a href="#">Sit down and drink a hot cup of coffee or tea.</a> | 11<br>Perform a random act of kindness                 | 12<br>Contemplate what brings value to your life. |
| 13<br>Meditate on scripture.                                 | 14<br>Get a 30- minute massage.                | 15<br>Stop multi-tasking.                        | 16<br>Tell the truth and ask for what you need.               | 17<br>Garden or plant flowers today.                                 | 18<br><a href="#">Declutter one room in your home.</a> | 19<br>Take time to breathe deeply.                |
| 20<br><a href="#">Pray through your cell phone contacts.</a> | 21<br>Start a thankfulness journal.            | 22<br>Focus on the positive things in your life. | 23<br>Eat a balanced diet.                                    | 24<br>Take every thought captive.                                    | 25<br><a href="#">Play a game with your kids.</a>      | 26<br>Go to bed early and sleep at least 8 hours. |
| 27<br>Write a letter to a friend.                            | 28<br><a href="#">Try Christian Holy Yoga.</a> | 29<br>Take a personality test (Meyers-Briggs)    | 30<br><a href="#">Drink your recommended amount of water.</a> |  |  |   |
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