



# 20 DAY Stress Less Challenge

1 - Meditate	2 - Exercise	3 - Connect with Nature	4 - Declutter	5 - Gratitude
6 - Calming Face Mask	7 - Positive Self- Talk	8 - Read Something	9 - Virtual Wildlife Cam	10 - Cook Something Delicious
11 - Listen to Music	12 - Find Support	13 - Laugh	14 - Generosity	15 - Creativity
16 - Journal	17 - Screen Curfew	18 - Schedule Alone Time	19 - Tell Your Story	20 - Reflect

- Live Call 3/1/24 @ 9am
- Challenge Starts 3/4/24
- 20 Days of Action Items to Help You Reduce Stress and Create Joy
- Earn Entry into Prize Raffle with Each Action Item Completed
- Check In Live Call 3/18/24
- Raffle Drawing for Prize - Reflection Call 4/1/24

#### Live Call Topics:

- You are not alone in "Mom Life"
- Share Daily Struggles and Strategies for Overcoming
- Tell Your Story!!