

30 DAY **STRESS** CLEANSE

1 write down 3 things you're thankful for	2 start a simple journal brain dump	3 watch something funny	4 find 3 things you can get rid of that neg. effect you	5 go out into nature for 30 minutes	6 create a life-list	7 go volunteer or donate something
8 read something inspiring	9 have a totally electronic free day	10 listen to your top favorite songs	11 meditate or sit in the quiet for 10 minutes	12 create a daily mantra	13 treat yourself to a massage	14 get 15 minute of sunlight
15 go out into nature for 30 minutes	16 try essential oils for stress relief	17 go to bed early	18 write out a detailed daily schedule	19 create a nightly self-care routine	20 plan out your dream vacation	21 add blueberries to your breakfast
22 learn two stress relieving pressure points	23 do these office stretches every hour	24 stay away from stress inducing foods	25 go out into nature for 30 minutes	26 get hydrated	27 start a new vitamin regimen	28 let go of obligations that aren't bringing you joy
29 make a pact to spend \$\$ on expreiences not things	30 sit in a detox bath					