



Love Your Heart ❤️ Stress Less Challenge

February is National Heart Month and an opportunity for doing something great for your heart... REDUCE STRESS! For every day that you engage in some form of activity that reduces stress, draw a heart on that day. Try something every day, or at least 18 days of February. Turn this page over for suggestions. Give yourself the gift of a healthier heart for Valentine's Day and the month of LOVE, February. Do it...if not for yourself, for someone who loves you and wants you around for a long time!

"FOR FAST ACTING RELIEF, TRY SLOWING DOWN." ~ LILY TOMLIN

February						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Name _____ Return to Julie Jones, by Friday March 6th.

Stress Reducers

Be silly	Simplify, simplify, simplify
Apologize for a mistake	Stretch some more
Be active	Get enough sleep
Stand up and stretch	Stop and enjoy the view
Do something YOU like to do	Organize
Count to 10 or 1000 before exploding	Write down your thoughts and feelings
Take a nap	Talk with a friend
Read a good book	Count your blessing – make a list
Cut back on caffeine	Take a bath or shower to relieve tension
Do one thing at a time	Look good to feel better
Learn to say “no”	Practice deep breathing for 1 minute
Work-out	Stop that negative self-talk
Read something funny every day	Color
Make time for play	Delegate responsibility
Practice laughing out loud “hahahaha”	Skip down the hall
Go for a brisk walk	Allow 15 minutes extra time for appointments
Get up 15 minutes early	Visualize a calm or peaceful scene
Take a deep breath and let it out	Laugh it off
Recite an anti-stress litany	Hang out with friends
Listen to music	Aromatherapy
Play with your pets	Mediate
Don't rely on your memory	Snuggle up
Be prepared to wait (i.e. at Dr's apt.)	Give yourself a massage
Go somewhere quiet	Be optimistic
Listen to a happy song	