

BEAT the STRESS Challenge

Activity Tracker

The Challenge

Name _____

The purpose of the Beat the Stress Challenge is to find new ways to manage your stress. Try a different activity each week and see what suits you best. Track your weekly participation on this worksheet for six weeks to complete the challenge!

The Goal

Choose one stress-reducing activity each week from the list provided and write it in on the tracker below. Complete each activity three times in that week to earn one point. Check the box to mark it complete. Earn six points by the end of the campaign to complete the challenge.

Week	Activity	Complete
1	_____	<input type="checkbox"/>
2	_____	<input type="checkbox"/>
3	_____	<input type="checkbox"/>
4	_____	<input type="checkbox"/>
5	_____	<input type="checkbox"/>
6	_____	<input type="checkbox"/>

Turn in your completed activity tracker to
_____ by _____.



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Choose a stress-reducing activity to complete each week!

- Listen to relaxing music. Go to an online radio station like [Pandora.com](https://www.pandora.com) or [Radionomy.com](https://www.radionomy.com) to find relaxing sounds.
- Take a warm bath before bed.
- Share a meal with friends or family. Spending time with others and building relationships reduces stress long-term.
- Walk each day for 30 minutes. This can be broken up into three 10-minute increments.
- Try progressive muscle relaxation. This technique reduces tension in your muscles and relaxes your entire body.
 - Start by tensing and relaxing the muscles in your toes, then work your way up to your neck and head.
 - Tense your muscles for at least 5 seconds and then relax for 30 seconds. Repeat.
- Get 7-9 hours of sleep each night. Getting regular sleep is one of the best ways to reduce stress.
- Watch a funny video clip on [YouTube.com](https://www.youtube.com) or your favorite comedy. Laughter is good medicine!
- Go on a hike or visit a park. Being outside reduces anxiety and promotes relaxation.
- Make a to-do list for the week and each day. Keeping organized is a great way to reduce stress.
- Turn on your favorite tunes and dance in your living room. Who doesn't love to bust a few moves?
- Meditate for 10 minutes. Get in a comfortable position, close your eyes, and focus on your breathing. You can find more information and tips at [MeditationOasis.com](https://www.meditationoasis.com).
- Volunteer at a local organization or simply go out of your way to help someone else this week.
- Fill the room with a relaxing scent for an aromatherapy experience. Scents such as rosemary, lavender, and lemon have been known to have calming effects that can help promote a positive mood.
- Go for a long walk and leave your iPod at home. Enjoy the sounds of nature!
- Move! Dance, take a walk, or go to the gym.
- Smile. Smiling releases stress-reducing hormones.
- Use the [Calm.com](https://www.calm.com) app to relax your mind.

