

## WELLNESS CHALLENGE:

# 30 Ways to Reduce Stress this Month



UNIVERSITY of  
**SOUTH FLORIDA**

Corporate Training & Professional Education

1



Meditate

2



Exercise

3



Connect with  
Nature

4



Destress with  
Your Pet

5



Declutter  
Your Desk

6



Practice  
Gratitude

7



Do a Soothing  
Face Mask

8



Practice  
Deep Breathing

9



Embrace  
Calming Scents

10



Silence Your  
Inner Critic

11



Read a Poem

12



Watch a Virtual  
Wildlife Cam

13



Unplug

14



Cook Something  
Delicious

15



Practice  
Self-Compassion

16



Engage Your  
Spiritual Side

17



Color

18



Drink a  
Cup of Tea

19



Make a Playlist

20



Read a Book

21



Find Support

22



Laugh

23



Tour a Museum  
(Virtually)

24



Take a  
Spa-Like Bath

24



Practice  
Generosity

26



Connect with Artists  
(Virtually)

27



Spark Your  
Creativity

28



Give Yourself a  
Neck Massage

29



Journal

30



Reflect