

5 Days to Manage Stress Challenge

Are you overwhelmed at work? Feeling anxious every time you glance at your to-do list? Then join us for the “5 Days to Manage Stress” challenge! In just 5 days, you will be tasked with 5 different ways to reduce stress.

Print off the challenge, check off each box as you go, and don't forget to share with us on social media once complete using #Wellbeats. Now let's do this!



DAY 1:



Take the Breathing Meditation class.

Take the Wellbeats 7-minute “Breathing Meditation” class or take a few minutes to focus entirely on your breath. Close your eyes, and breathe in through your nose, out through your mouth.

DAY 2:



Schedule mini breaks throughout the day.

Aim for getting up and moving every 90 minutes – whether that's getting water, going for a short walk, or grabbing a snack.

DAY 3:



Text or phone a friend you haven't talk to in awhile.

Reaching out and showing genuine interest is sure to brighten their day, which in turn, will make you feel good.

DAY 4:



Exercise for at least 20 minutes.

Whether it's going for a walk outdoors, taking a Wellbeats yoga class, or hitting the gym, just 20 minutes can help boost your mood and feel less stressed.

DAY 5:



Give yourself at least 15 minutes to do a hobby.

Give yourself at least 15 minutes to do a hobby or something that interests you. Examples include making art, listening to music, gardening, playing with a pet, or reading a book.

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