



STRESS-FREE CHALLENGE



Goshen Health

	ACTION:	WHY:	PROMPT:
DAY 1 Pause to Breathe	Try a 3-minute deep breathing exercise such as: <u>4-7-8 Breathing:</u> <ul style="list-style-type: none">• Inhale for 4 seconds• Hold for 7 seconds• Exhale for 8 seconds• Repeat for 3 minutes	Deep breathing lowers cortisol and resets your nervous system.	How did you feel before and after this breathing exercise?
DAY 2 Stress-Eating Awareness	Before your next snack or meal, ask: "Am I hungry or stressed?"	Stress often triggers cravings for sugar and fat. Recognizing this can break the cycle.	What was the trigger behind your last snack or craving?
DAY 3 Move to Manage Mood	Take a 15-minute walk, do light yoga or stretch.	Physical activity can help improve mood by releasing endorphins and reducing stress hormones.	What part of your body felt tense before, and how does it feel now?
DAY 4 Screen Detox Moment	Take a 30-minute break from screens today. No phone, no laptop and no scrolling.	Constant notifications and digital noise keep your brain in a stress state.	What did you notice when you stepped away from your phone?
DAY 5 Unwind with Intention	End your day with a calming routine: journal, stretch, sip tea or meditate.	Evening routines support better sleep, which lowers stress and improves mood.	What's one calming habit that you would like to make time for?
DAY 6 Gratitude Shift	Write down 3 things you're grateful for today, big or small.	Gratitude activates brain areas linked to joy, shifting focus away from stress.	How did focusing on gratitude shift your mindset today?
DAY 7 Nature Connection	Spend 10-20 minutes outside: walk, sit or simply observe.	Nature lowers stress hormones, boosts mood and increases mental clarity	What did you notice, feel or hear while being in nature today?