

# May 2020, "You've Got This!" Stress Challenge!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Do something that you love to do!	<b>2</b> Spend some time outside!
<b>3</b> Read something <i>Inspiring!</i>	<b>4</b> Plan to be <i>happy</i> today!	<b>5</b> <i>Express love</i> to a friend, or family member.	<b>6</b> Say, "No" to discouragement!	<b>7</b> <i>Believe in yourself!</i>	<b>8</b> Make someone's day, by calling or texting them.	<b>9</b> Plant a flower, or make your yard look a little nicer!
<b>10</b> Mother's Day – <i>celebrate it!</i>	<b>11</b> Be <i>kind to yourself</i> – no more self-criticism	<b>12</b> <i>Be positive day!</i>	<b>13</b> Eat something <i>healthy.</i>	<b>14</b> See how many <i>compliments</i> you can give out today!	<b>15</b> Find things to <i>laugh</i> about!	<b>16</b> <i>Enjoy Nature!</i>
<b>17</b> Count your <i> blessings!</i>	<b>18</b> Start a <i>gratitude</i> journal.	<b>19</b> <i>Forgive!</i>	<b>20</b> Do an <i>act of Kindness</i>	<b>21</b> Write a <i>thankyou note</i> to someone!	<b>22</b> Let go of fear and <i>embrace hope!</i>	<b>23</b> <i>Go for a walk!</i>
<b>24</b> Listen to calm music!	Share with someone <b>31</b>	<b>25</b> <i>Memorial Day</i> -visit a gravesite.	<b>26</b> <i>Exercise!!</i>	<b>27</b> Do something <i>creative!</i>	<b>28</b> Take a break <i>from the news</i> today!	<b>29</b> <i>Encourage someone!</i>
					<b>30</b> Take some time <i>to relax and ponder.</i>	