TAKELU TORELAX

There is virtue in work and there is virtue in rest. Use both and overlook neither.

- Alan Cohen

Take a break from the crazy world around you. For this challenge, take 10 minutes every day to do something that will help you relax. Taking 10 minutes to relax can help you cope with everyday stresses. It helps to improve mood, lower blood pressure, decrease stress hormones, and relieve muscle tension. For 10 days try a different activity to help you relax, writing each activity next to the numbers.

6.

8.



What helps you relax best is unique to you. Here are some ideas to help expand your options. Don't be afraid to try something new!

- Listen to calm music
- Go for a guick walk
- Journal your emotions
- Do a guided meditation
 Read a book
- Enjoy nature
- Call a friend

- Take a short nap
- Do gentle movement
- Breathe deeply
 Get some sunshine
 - Find more ideas at

wellness.byu.edu/article/39/

