TAKE 10 TO RELAX

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.

NEED IDEAS?
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 quick walk
- Journal your emotions
- Do a guided meditation
- Enjoy nature
- Call a friend
- Breathe deeply
- Read a book
- Take a short nap
- Do gentle movement
- Get some sunshine
- Find more ideas at wellness.byu.edu/article/39/

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