

# Holiday Stress Less Challenge

**Dec. 2nd**

Practice Yoga or Meditation sometime this week

**Dec. 3rd**

Don't worry over the small things

**Dec. 4th**

Be mindful to not overcommit to things

**Dec. 5th**

Have a good laugh!

**Dec. 6th**

Treat yourself

**Dec. 9th**

Don't procrastinate. Start something now.

**Dec. 10th**

Smile as much as you can today

**Dec. 11th**

Do something relaxing

**Dec. 12th**

Go an entire day without social media.

**Dec. 13th**

Identify stressors and find ways to cope

**Dec. 16th**

Breathe deeply for 1 minute

**Dec. 17th**

Write down what you are happy about

**Dec. 18th**

Take 10 minutes just to relax

**Dec. 19th**

Allow yourself to indulge a little

**Dec. 20th**

Celebrate! It's time for Winter Break!

 commit to be fit

**To Play:** Check off each activity that you do. By 10 am on December 20th, email a C2BF Team member and tell us how many daily activities you did. Each activity counts as one entry into the prize drawing. One person will win a \$50 VISA gift card.