

A 30 DAY PLAN TO

REDUCE  
STRESS

MIND • BODY • CONNECTIONS

# What's Up With Stress?

Stress is ever-present in our fast-paced, modern life. Whether it's caused by work, family, or personal responsibilities, stress can negatively impact both your physical and mental health. Whether it's caused by work, family, or personal responsibilities, it's important to learn effective ways to manage your daily stress to improve and sustain your wellness.



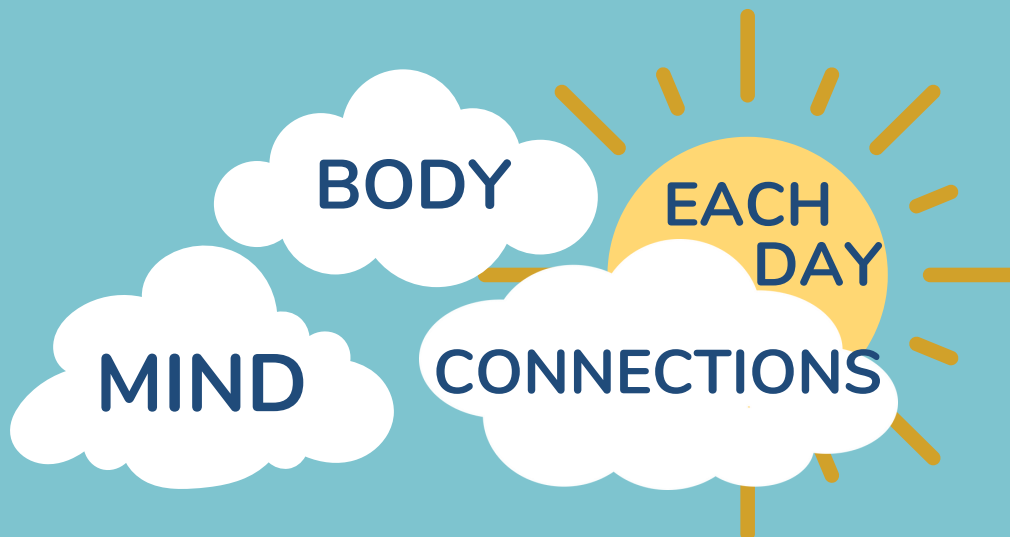
Everyone has a unique relationship with stress. Because of this, not all stress reduction techniques will work for everyone, and that's okay! We recommend trying out different methods until you find what works best for you and your lifestyle. Incorporating stress-reducing habits into your daily routine can further improve your daily and long-term quality of life.



This eBook is your comprehensive and holistic guide to stress reduction. Over the next few pages, we'll break down the different areas of your life that stress can impact and provide multiple stress reduction techniques that can improve each of those areas. Including a 30-day plan, you'll have a clear roadmap to start incorporating stress-reducing habits in your life. By the end of the eBook, you'll be equipped with the necessary tools and knowledge to manage the stress of your daily life.



Every day for the next 30 days, we encourage you to incorporate one **mind**, one **body**, and one **connection** technique each day into your routine and find the right techniques that complement your lifestyle and benefit your wellbeing.



# Mind

Your mental health is one of the most obvious places you can see the negative impacts of stress. When left unchecked, daily stress can lead to anxiety, depression, or other mental health disorders. Take these proactive steps to ensure you avoid deeper mental health issues and promote a healthy mind.

Try the below techniques to reduce stress and improve your physical wellbeing.

## Meditate Daily

Find a quiet and comfortable place to sit, set a timer for five minutes, and close your eyes or soften your gaze. Next, focus your attention on your breath; if your mind wanders, gently redirect your attention back to the breath.

## Write and Repeat Affirmations

Writing positive affirmations can help you to remember your strengths and goals. Writing them down makes affirmations even more powerful. If you'd like, put these positive affirmations around your home or workspace so that you continue to see them throughout the day.

## Make To-Do Lists

To-do lists can help you organize your mental tasks into smaller steps. Instead of feeling overwhelmed by the number of things you need to accomplish, a list can help offload the information from your brain and reduce any stress you may be feeling.

## Develop a Self-Care Routine

Having a consistent routine to take care of yourself can help you to prioritize your own health and well-being regularly. Incorporating activities that bring you joy, and scheduling them regularly, can reduce your stress and help you prioritize self-compassion and mindfulness.

## Establish a Daily Routine

Identify your daily priorities and decide which habits will help you achieve those. Then, establish consistency with your routine while allowing flexibility to adapt to changes. This will help you release any overwhelming feelings you may experience.

## Try an Hour of "Me Time"

Identify areas of curiosity or passion and research ways to try one of them out. You can start small, and if you enjoy it, slowly increase incorporating these hobbies into your life. This will help expand your experiences, and hopefully, you will discover a new passion that can bring you joy!

## Clean up Your Space

A clean space can help to reduce any mental clutter you are experiencing. Start by prioritizing your high-traffic areas, and then slowly work around your home and office to create an organizational system that works for your lifestyle.

## Try Something New

Identify areas of curiosity or passion and research ways to try one of them out. You can start small, and if you enjoy it, slowly increase incorporating these hobbies into your life. This will help expand your experiences, and hopefully, you will discover a new passion that can bring you joy!

***To manage stress, it's essential to recognize it as a pressure cooker, which needs to let out steam gradually. Neglecting it can lead to burnout. We must develop healthy coping skills, recognize anxiety and stress, and be vigilant about our mental health. Learning these skills is vital to reach our maximum potential.***

***Kimberly Hansley MA, LPC***



# Body

Your mental health is one of the most obvious places you can see the negative impacts of stress. When left unchecked, daily stress can lead to anxiety, depression, or other mental health disorders. Take these proactive steps to ensure you avoid deeper mental health issues and promote a healthy mind.

Try the below techniques to reduce stress and improve your physical wellbeing.

## Stretch Daily

When you wake up in the morning, take easy, simple stretches to wake up your body and encourage blood flow. You can then incorporate breathing techniques into your stretch. This morning routine can increase energy and improve physical and mental well-being.

## Take Short Walks

Incorporating short daily walks into your routine can provide you a time during the day to take a break, focus on your body, and reduce stress. Choose a safe and peaceful path and let your body enjoy the fresh air, sunshine, and mental break.

## Reduce Caffeine Intake

Caffeine can increase your body's cortisol production, which causes more physical stress. By gradually reducing your caffeine intake and supplementing with water or herbal teas, you can improve your daily stress levels.

## Avoid Harmful Substances

Excessive use of alcohol and other drugs can decrease the strength of your immune system, make sleep more difficult, and throw a kink in your self-care routine. You can improve your daily stress by seeking healthier coping mechanisms such as yoga or meditation.

## Establish Healthy Eating

Planning and preparing meals in advance can help reduce the time and stress it takes to cook healthy foods throughout the week. In your meals, prioritize whole foods that support healthy brain function. This will also help ensure your brain receives the nutrients needed to reduce stress.

## Incorporate an Hour of Exercise

Regular exercise increases your body's endorphin production and can help reduce bodily and mental stress. When exercising, choose an activity you enjoy and, regardless of how long your workout is, incorporate it into your routine with consistency.

## Get More Sleep

While everyone knows that good sleep can reduce stress, it can be an easy-to-ignore element of your daily routine. When you are ready to go to bed, put away all technology, create a relaxing sleep environment, and focus on your breath to ease into sleep.

## Seek Chiropractic Care

You can find a licensed chiropractor in your area and schedule an initial consultation to discuss your physical symptoms and concerns. Even if your body feels healthy, chiropractic care can help take your physical well-being to the next level and ensure your longevity.

***“Reducing stress is an essential part of achieving optimal wellness. Chronic stress can lead to numerous health problems, including weight gain, sleep disturbances, gut dysfunction, increased pain, and a weakened immune system. By proactively managing stress, you can significantly improve both your physical and mental well-being, paving the way for a healthier, happier life.”***

**Jay Bhakta, D.C.**



# Connections

Humans are social creatures, and our relationships with others can significantly impact our mental and physical health. Studies have shown that social support can help reduce stress levels, improve mood, and boost overall well-being. Prioritizing connections with friends, family, and community can provide a sense of belonging and purpose, which can help us cope with stressors.

Try the below techniques to reduce stress and improve your physical well-being.

## Share With a Friend

Opening up to a trusted friend can create a deeper connection and relationship with that individual while reassuring you that you are not alone. While vulnerability can be daunting, sharing in a safe environment with a trusted person can release stress.

## (Re)Set Your Boundaries

If you have relationships that bring you additional stress, it can be helpful to set or reaffirm boundaries with that individual. By clearly stating your needs and expectations, you can retain a healthy relationship with that individual without sacrificing your own well-being.

## Spend Time With Pets

Playing, walking, or cuddling pets is proven to decrease cortisol levels and increase your feelings of well-being. Even if you don't have a pet yourself, find a local dog park or spend time with a friend's pet to get some much-needed animal love!

## Plan a Future Trip

Traveling can help break you out of a rut and can give you something to look forward to. Seeing new places can also open your mind to possibilities. Before you go, please craft a detailed itinerary to help ease travel stress.

## Try Out Counseling

Begin by researching different counseling techniques and therapists in your area. Once you have found a few providers that seem like a good fit, schedule an initial consultation, and decide on which therapist is the best match. Then you can begin working together to reduce stress and improve relationships.

## Disconnect with Bad Relationships

Even after setting boundaries, you may still have some relationships that cause unnecessary stress. By disconnecting from them, you can take control of your relationships and surround yourself with people who are conducive to your well-being.

## Join a Support Group

By joining a support group, you can connect with people with similar life experiences and struggles. This will help you feel less alone in your journey and give you new ideas for coping with your stressors.

## Help Others in Need

One of the best ways to help ourselves is to help others. Consider volunteering or performing random acts of kindness to promote a sense of personal fulfillment and help the world around you in a positive way.

***“One of the most effective ways to manage stress is connecting with loved ones. Leaning on friends/family can provide much needed support which can provide stress relief.”***

***Brandon Pettke, D.C.***



# Checklist

Incorporating stress reduction practices to improve your mind, body, and connective well-being can significantly impact your overall health. This holistic approach allows you to manage your thoughts and emotions, improve your physical health, and build meaningful connections with others. With consistent effort and dedication, these practices can help you achieve a greater sense of balance, resilience, and happiness in your everyday life.

Incorporate a mind, body, and connection technique into your daily routine every day over the next 30 days to experiment with all the listed stress reduction techniques. Consistency and commitment are crucial to turning these techniques into sustainable habits that will create immediate improvement and long-term change in your well-being.

## 30-Day Less Stress Checklist

- Meditate daily
- Healthy daily routine
- Write affirmations
- 1 hour of of "me time"
- Make to-do lists
- Clean up your space
- Self-care routine
- Try something new
- Stretch daily
- Establish healthy eating
- Take short walks
- One hour exercise
- Reduce caffeine intake
- Get more sleep
- Avoid harmful substances
- Seek chiropractic care
- Share with a friend
- Try out counseling
- (Re)set your boundaries
- Remove bad friends
- Spend time with pets
- Join a support group
- Plan a future trip
- Help others in need

Learn more about enhancing your physical, mental, and nutritional health at [GoCuris.com](https://www.GoCuris.com)