

# SINK *your* STRESS

## MOVEMENT AND NUTRITION

Week 1: April 3 - 9



Eat one meal without distraction.

Try out an eating meditation.\*

Enjoy 2 fruits or veggies for snacks today.

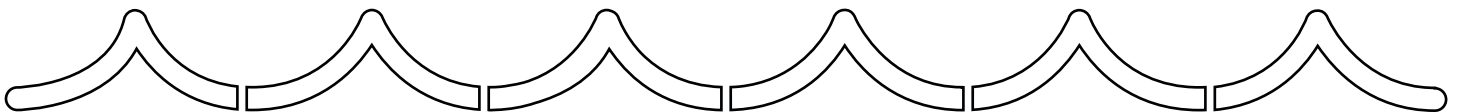
Spend 30 minutes getting active in a way you enjoy today.

Go for a walk/get active with a friend today.

Try out mindful movement or a walking meditation.\*

## SLEEP AND TIME MANAGEMENT

Week 2: April 10 - 16



Do one thing today that will help you feel more organized.

Try a body scan or deep belly breathing before bed.\*

Avoid using your phone in bed tonight and sleep with it across the room or in a different room.

Practice the Pomodoro Method while studying today.\*

Write a list of the things that matter most to you. Does this align with where you're dedicating your time and energy?

Try to step away from social media today. Instead, focus on something that makes you feel good.

## HEALTHY CONNECTION

Week 3: April 17 - 23



Tell a friend you are grateful for them.

Do one small thing for someone today.

Write down three things you are grateful for today.

Try out a Loving Kindness Meditation.\*

Explore somewhere you've never been.

Prioritize getting outside today.

\* = check weekly email for more information