

LET GO OF STRESS



SANDYASCH.COM

21-day
RESILIENCE
CHALLENGE

**Be intentional about releasing stress
from your mind & body**

- Set an alert to stretch or move every 30-minutes to release tension
- Take a "mindful" walk - quiet your mind and notice the beauty of nature
- Get 7-9 hours of good sleep - give your body & brain a chance to repair