

# Stress Less



Group Yoga with Alison Wooten		Create a healthy sleep routine	Do an activity outside or in nature	Drink at least 64oz water for 5 days
Alex Little's Vegan "Mac & Cheese"	"Unplug" for 1 hour a day for 1 week	Mindful Eating Exercise		5-day Workout w/ Christine Zogaib
	Breathing into Stress Detox Exercise		Cook with Christina	Meditation on Viva Insights
Self-Care Journaling	Art Therapy with Cassy Hartless		Hit 10,000 steps everyday for 1 week	Have a laugh and share it with others!
Do something that makes you smile!		All Mid-Week Meditations (at any time)	Send praise on Viva Insights	

Complete 5 squares in a row (horizontal or diagonal) to get BINGO! The middle is FREE  
Any open squares can be filled in with an activity that is relaxing to you.