It’s Raining Relaxation

- Complete 10 out of the 15 relaxation techniques in the month of May. Cross off each drop after you complete the activity.

- **Get 7-9 hrs. of sleep, 3 nights in a row**
- **Exercise for 30 min. 2x / week**
- **Visit a local park**
- **Try a new recipe**
- **De-clutter your desk or room**
- **Write a thank you note**
- **Write to or call a friend**
- **De-clutter your desk or room**
- **Practice yoga for 45 minutes**
- **Practice deep breathing for 10 min.**
- **Take a 15 min. walk break 2x/ week**
- **No social media for a day**
- **Practice deep breathing for 10 min.**
- **Listen to uplifting music**
- **Get into nature for at least 1 hour**
- **Read and finish a book for fun**
- **Take a 15 min. walk break 2x/ week**
- **Do 2 random acts of kindness**
- **Listen to uplifting music**
- **Get into nature for at least 1 hour**
- **Read and finish a book for fun**

E-mail or interoffice mail completed logs to Tiffany Lein by June 10th to be eligible for prize drawings!