



10 - Day Stress Less Challenge

Welcome to your 10-Day Stress Less Challenge!

I'm so excited that you showed up for YOU. There's no better time than now to recalibrate, set healthy boundaries, and prepare yourself to be proactive when stressful moments arise.

As you begin, release the pressure to be perfect. Be kind to yourself. If you miss a day, don't stress—just know that tomorrow is a fresh opportunity to continue and finish strong.

Along the way, document your wins and note any new healthy habits you plan to carry forward. I'd also love to hear how this challenge helps you stress less and live more. Remember: **stress management is life management**. Take it one day at a time and embrace the journey.

It is my sincere hope that by the end of these 10 days, you'll experience a renewed mindset, greater resilience, and improved heart health.

Thank you for joining—**let's do this together!**

She Talks Purpose,

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Day 1

Welcome to Day 1 of the Stress Less Challenge! Today your challenge is to write a gratitude list. It's imperative that we shift any energy of discouragement or disappointment to thankfulness and appreciation.

What things are you thankful and appreciative for? I also want you to think about your current or most recent stressful situation. What did you learn from it, and how has it made you a better person?

Remember to complete your list, read it back to yourself, post it somewhere close that you can reference throughout the course of the challenge.

Day 2

Welcome to Day 2 of the Stress Less Challenge! Today your challenge is to say a prayer for those that persecute you. In other words, pray for those that mistreat you and/or bother or distress you. Today your challenge is to forgive yourself and others.

Gossip and complaining adds stress to your life. Take time today and retreat to a quiet place and pray for those that may not have your best interest. Ask for peace, wisdom and understanding.

Day 3

Welcome to Day 3 of the Stress Less Challenge! Today your challenge is to take 10 minutes to either stretch or complete a workout routine.

When you are stressed, your body and muscles can become tensed. Stretching helps to increase muscle blood flow and will help you shift your energy to a more relaxed state. Exercising improves your mood, boosts energy, and promotes better sleep. If you really want to challenge yourself, make it 20 minutes to accomplish both.

Day 4

Welcome to Day 4 of the Stress Less Challenge! Today your challenge is to smile often throughout the day. Some of you may not know this but smiling not only helps to reduce blood pressure, but stress as well. It's a natural way to boost your immune system by decreasing cortisol in the body. I need you to start smiling right NOW!

Day 5

Welcome to Day 5 of the Stress Less Challenge! You are halfway to the finish line. Keep up the great work! Today, your challenge is to give and/or receive a hug.

Hugging is very important. Not only is it an immune booster, but it also minimizes stress and decreases depression. Stress less and start hugging.

Day 6

Welcome to Day 6 of the Stress Less Challenge! Today your challenge is to spend 10 minutes reflecting.

Reflection is defined as serious thought or consideration. Set a timer and take five minutes to reflect on how you brought joy, love, laughter, hope, and/or peace to others recently.

Take the next five minutes to reflect on how that made you feel. What emotions, thoughts, colors, images, or sensations came up for you? Let the positivity of this reflection reap a harvest for the next several days.

Day 7

Welcome to Day 7 of the Stress Less Challenge! Today your challenge is to laugh and keep laughing.

Laughter is good medicine for the soul! It's important to laugh and find laughter throughout the course of your day. No matter if it's a joke from your spouse, relative, favorite comedian, or friend, just be sure to get your laugh on.

Day 8

Welcome to Day 8 of the Stress Less Challenge! Today your challenge is to get sun before 2pm.

Getting sun as early as possible is so important to alleviate stress. I try to get sun before 11am each day. For those of you who stress every day, this is imperative. Getting sun increases your serotonin which will enhance your mood, memory, attitude, and creativity.

Take a quick walk, stand outside on your porch for a few, or stick your head out the window if you must. Today, let's raise our serotonin and stress less starting NOW!

Day 9

Welcome to Day 9 of the Stress Less Challenge! Today your challenge is to celebrate your wins, big and small.

One of things you must do when alleviating stress is learning the art of encouraging yourself. We tend to only celebrate when we cross the finish line, but what about also celebrating the journey along the way.

Celebrate the fact that you followed your intuition, finished reading that book, ate a healthier meal, took a nap etc. No matter if you feel the win is big or small, as my sister Bonnie Harley would say, "A win is a win!" Today, I celebrate with you!

Day 10

Welcome to Day 10 of the Stress Less Challenge! Today your challenge is to write a love letter to yourself!

I know it may sound corny but trust the process! One important thing about alleviating stress is replenishing your worth bank! It's important to make deposits into your heart account.

Many of you have heard me say, "Out of the 78 main organs the human body is made up of, there are five vital for survival (liver, lungs, kidneys, brain and heart). Out of those five, the heart is the hardest working organ in the body!"

We must take care of our heart as we stress less. Your love letter does not have to be long, but it must be honest. Take time to love on you; all of you and stress less starting NOW!

Great job! You did it!

I hope this challenge has brought you more serenity, stability, and harmony in your life. I am so proud of you and the beautiful journey you've taken.

Remember, this challenge isn't meant to be a "fix-all" solution, but rather a foundation for building healthy habits and routines to guard your peace and stress easy—one day at a time.

I'm here cheering you on every step of the way. **Celebrate this win—you've earned it!**

✨ Ready for the Next Step? ✨

You've completed the 10-Day Stress Easy Challenge—now imagine what 20 more days of intentional focus could do for your peace, resilience, and overall well-being.

The **30-Day Stress Easy Challenge** is your opportunity to go deeper, strengthen your healthy routines, and build lasting habits that protect your mind, body, and spirit. If the last 10 days gave you a glimpse of balance, the next 20 will help you anchor it into your lifestyle.

Join me for the 30-Day Challenge and let's keep this momentum going—because your peace is worth the investment!

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