

SLEEK GEEK **HEALTH REVOLUTION**

21-Day De-Stress Challenge

Stress less, find peace.

Hi! Eric and Elan here from Sleekgeek 🙌

We're real people, just like you, on a mission to be healthier, fitter, and happier!



We're no strangers to body transformation and weight loss, but we also believe that **health** is the *real* **wealth** because without it you have nothing.

We've made it **our mission to transform the lives of 1 million people** by helping them to build healthy habits so that they can live a better life.

That's why we created the Sleekgeek Health Revolution.

Ultimately, **our vision is for homes, schools, and workplaces to be healthy places** that *enable* rather than *disable* health and vitality.

Welcome to the revolution!

👉 **Eric Chowles and Elan Lohmann** ([read more about the whole team here](#)).



DAY 1

**ACCEPT WHAT YOU CANNOT
CONTROL**

Today's Mission:

To successfully complete today's mission:

- Complete the 5-Step exercise to gain some perspective.
- [OPTIONAL] Share your list with us in the Stress Management Support Group if it is not too personal.

1) Things I can control (change):

2) Things I cannot control (accept):

3) What can I do to make progress with the things I can control?

4) Take a deep breath and read out aloud the items that you have no control over and cannot change. Sign your acceptance below:

5) Refer back to this list and repeat as often as necessary.



DAY 2

**BREATHE AS YOU WERE BORN
TO DO**

Today's Mission:

To successfully complete today's mission:

- Do the 5-minute diaphragm breathing exercise.
- [OPTIONAL] Share your experience with us in the Stress Management Support Group.

What did you notice about your breathing?



DAY 3

**BREATHE YOUR WAY TO
PEACE**

Today's Mission:

To successfully complete today's mission:

- Practice the 5-finger breathing technique
- [OPTIONAL] Share your experience with us in the Stress Management Support Group.

Did you feel more relaxed at the end of your practice?



DAY 4

GROUND YOURSELF

Today's Mission:

To successfully complete today's mission:

- ✓ Practice the 5,4,3,2,1 Grounding technique.
- ✓ [OPTIONAL] Share your experience with us in the Stress Management Support Group.

1. **Look for 5 things you can see:** Perhaps the pot plant in front of you. The pen lying on your desk. The light fitting on the ceiling above you.

2. **Become aware of 4 things you can touch:** The feeling of your sleeve on your skin. The texture of the coffee mug in your hands. The floor beneath you.

3. **Acknowledge 3 things you can hear:** Cars outside, the humming of the fridge, the rustling of the breeze coming in the window.

4. **Notice 2 things you can smell:** If at first you don't feel like you can smell anything, simply try to sense the subtle fragrance of the air around you or of your own skin. You can even imagine or recall smells if none present themselves.

5. **Become aware of 1 thing you can taste:** The lingering suggestion of coffee on your tongue, maybe? Your own saliva. If nothing then once again imagine a recent or familiar taste in vivid detail.



DAY 5

BODY SCAN



DAY 6

PROGRESSIVE MUSCLE RELAXATION



DAY 7

FIND YOUR ZEN

Today's Mission:

To successfully complete today's mission:

- Meditate for 10 mins.
- [OPTIONAL] Share your experience with us in the Stress Management Support Group.

How was your experience? (How did you feel after the meditation? Did you notice anything specific?)



DAY 8

FIND YOUR CALM

Today's Mission:

To successfully complete today's mission:

- ✓ Find your calm and note down a list of at least 5 activities that truly relax you.
- ✓ Select 1 activity from your list and practice it today for at least 5 mins.
- ✓ [OPTIONAL] Share your experience with us in the Stress Management Support Group.

List activities that calm you below. (Put a tick next to the one that you will practice today)



DAY 9

SELF-SOOTHING AFFIRMATIONS

Today's Mission:

To successfully complete today's mission:

- ✓ Write down 3-5 self-soothing affirmations that you can easily reference at any time. (You may borrow some of ours or write your own)
- ✓ [OPTIONAL] Share your experience with us in the Stress Management Support Group.

Your self-soothing affirmations. (Feel free to copy some of our suggestions from the daily mission)



DAY 10

TAKE A COLD SHOWER

Today's Mission:

To successfully complete today's mission:

- Take a cold shower for at least 30 secs. (Try for up to 2 mins if you can!)
- [OPTIONAL] Share your experience with us in the Stress Management Support Group.

How did you feel before the shower?

How did you feel after the shower?



DAY 11

JOURNAL

Today's Mission:

To successfully complete today's mission:

Spend 10 mins journalling. (If you do not have a journal or notepad then just use some blank paper)

[OPTIONAL] Share your experience with us in the Stress Management Support Group.

How did the experience of journaling make you feel? (What did you observe?)



DAY 12

GET 8 HRS OF SLEEP

Today's Mission:

To successfully complete today's mission:

- ✓ Figure out, based on when you usually wake up, what time you need to be asleep by in order to get a solid 8 hours of sleep.
- ✓ Set a bedtime alarm to go off 30 minutes before you need to be asleep. When that alarm goes off, you stop what you're doing and turn off your light so that you have 30 mins to fall asleep.
- ✓ [OPTIONAL] Share your experience with us in the Stress Management Support Group.

What time are you planning to be asleep by?

How did you feel after 8 hrs of Sleep?



DAY 13

MINDFUL MOVEMENT

Today's Mission:

To successfully complete today's mission:

- 5 minutes of Yoga Stretching (Feel free to do more if you wish).
- [OPTIONAL] Share your experience with us in the Stress Management Support Group.

Did the practice relax you?



DAY 14

LAUGH AND SMILE MORE

Today's Mission:

To successfully complete today's mission:

- Do something that makes you laugh or smile with joy.
- [OPTIONAL] Share your experience with us in the Stress Management Support Group.

What is your action plan to laugh and smile more today?

Tomorrow?



DAY 15

ATTITUDE OF GRATITUDE



DAY 16

FEAR MANAGEMENT

Today's Mission:

To successfully complete today's mission:

- Manage your fears today using the '5-Step Release Method'.
- [OPTIONAL] Share your experience with us in the Stress Management Support Group.

1) One thing I am anxious about today:

2) One practical thing I can do to prevent or prepare for it:

3) One reason it is probably not going to be as bad as I fear:

4) One reason I know I can handle it:

5) One upside of the situation:



DAY 17

GET YOUR HEART RATE UP

Today's Mission:

To successfully complete today's mission:

If you are someone who exercises regularly, aim for at least 10 minutes of vigorous activity today.

If you are someone who never or rarely exercises, then aim for at least 10 minutes of moderate activity today.

[OPTIONAL] Share your experience with us in the Stress Management Support Group.

What exercise are you choosing to complete today's mission?



DAY 18

WORRY BOX



DAY 19

WORRY ON PURPOSE

Today's Mission:

To successfully complete today's mission:

- Worry for 10-15 mins.
- [OPTIONAL] Share your experience with us in the Stress Management Support Group.

List your biggest worries: (Then rank them using numbers next to each worry)

Visualise a worry : (Pick one from your list above and see the worst come to pass. Over and over again. Imagine the sights, smells and sensations. Avoid trying to imagine alternative scenarios.)

Rate your peak anxiety from 0-100:

NOW Imagine alternative outcomes. Visualise alternative less stressful outcomes.

Re-Rate your peak anxiety from 0-100:



DAY 20

ENVIRONMENT DESIGN

Today's Mission:

To successfully complete today's mission:

- ✓ **Design your environment** to set you up for success by doing a stock take.
- ✓ **Write a list** of 3-5 things you can do in the short-term to help you create a less stressful environment.
- ✓ [OPTIONAL] Share your experience with us in the Stress Management Support Group.

How can you make your environment less stressful?



DAY 21

YOUR PERSONAL PLAN

Today's Mission:

To successfully complete today's mission:

- ✓ Design a 14-day personal stress management plan.
- ✓ [OPTIONAL] Share your experience with us in the Stress Management Support Group.

Write down all the potential actions you could take to minimise your stress. Draw on your learnings in this 21-Day Challenge.

- **Next** place a star next to all the actions that you believe you CAN or are willing and able to do.
- **Finally** draw a circle around 2-3 stars that you believe will be the most EFFECTIVE towards the achievement of your goal.¹

You now have clarity on 2-3 actions that you wish to practice over the next 14 days.

List the 2-3 actions that you wish to practice over the next 14 days.

Remember to download the Sleekgeek Habit Tracker to practice these new habits.

Good luck!



WHAT'S NEXT?

Check out more 21-day challenges at
www.sleekgeek.co.za/sleekgeek-challenges

 <p>21-Day Nutrition Challenge</p> <p>Read More</p>	 <p>21-Day Movement Challenge</p> <p>Read More</p>	 <p>21-Day Sleep Challenge</p> <p>Read More</p>
--	---	--