

7-Day Relaxation Challenge

A gentle, seven-day self-care challenge designed to reduce stress and help you discover which relaxation practices bring you the most peace. Each activity takes only 10 to 20 minutes and can be adapted to fit your daily routine.

■ Day 1: Digital Detox & Mindfulness

Unplug from technology for one hour. Spend a few minutes in guided meditation or sit quietly and observe your thoughts without judgement.

■ Day 2: Nature Connection

Spend 20 minutes outside in a park, garden, or natural setting. Notice the sounds, smells, and sights around you to ground your senses.

■ Day 3: Progressive Muscle Relaxation

Before bed, gently tense and release each muscle group from your toes to your forehead to release physical stress.

■ Day 4: Creative Flow

Engage in a calming, non-work hobby such as colouring, sketching, knitting, or playing music. Focus on the repetitive, soothing movement.

■ Day 5: Gratitude Journaling

Write down three specific things you are grateful for today. Reflecting on positives can help reduce anxiety and improve mood.

■ Day 6: Unwind with Scents & Sound

Take a warm bath or shower using calming scents like lavender. Listen to relaxing music or a gentle podcast.

■ Day 7: Gentle Movement

Practise gentle yoga or stretching for 15 to 20 minutes to release stored tension and improve mental clarity.

Tips for Success

- Keep it simple. These activities are designed to take 10 to 20 minutes.
- Let go of perfection. The goal is exploration, not doing it perfectly.
- Reflect at the end of the week on which activity felt most calming and continue with it.

