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Stress-Free Holiday Challenge

Discover how one simple, daily action to reduce holiday stress, boost calm, and feel more in control this season.

Take a deep breath

Go for a walk

Have a mocktail

Start a journal

Stretch for 5

Listen to music

Declutter one space

Read one chapter

Start a puzzle

Hug someone

Write 3 gratitudes

Compliment
someone sincerely

Say positive
affirmations

Call a loved one

Enjoy a hobby

Organize your desk

Laugh out loud

Stretch your body

Practice gentle yoga

Limit screentime

Plan something

Treat yourself

Focus on posture

Practice gentle yoga

Have a snack

Look at the sky

Find something
beautiful in nature

Stay off social media
for 24 hours

Light a candle

Write a letter or
email

www.mtpsychiatry.com