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December can be an extremely busy time of year, as work deadlines, family commitments, and holidays collide. During this hectic and often taxing time of year, it's especially important to set aside some time for healthful stress relieving activities. This month, head down a path toward a more relaxed state of mind. Choose one stress-relieving activity to complete each day. Write the number of the activity inside a footstep on the path. You can do the same activity on multiple days, and you don't have to do all the activities listed. The goal is to enjoy a stress-relieving activity each day and complete the path by the end of the month.

 Date: _____	 Date: _____	 Date: _____	 Date: _____	 Date: _____	 Date: _____	 Date: _____
 Date: _____	 Date: _____	 Date: _____	 Date: _____	 Date: _____	 Date: _____	
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1. Take a 15-minute walk. Pay attention to the sights and sounds along the way.
2. Practice deep breathing techniques. (Breathe in through your nose as you count to four, hold for one second, exhale for a count of five.)
3. Swim, play basketball, or enjoy another type of exercise for 20 to 30 minutes.
4. Move more by taking the stairs rather than the elevator or by parking on the far side of the parking lot.
5. Take a class to learn something new.
6. Select a charity to support and participate in an activity or event.
7. Get seven to nine hours of sleep at night.
8. Do something that makes you laugh, such as watching a funny movie.
9. Do you have a lot on your mind? Make a list and prioritize your tasks.
10. Is something bothering you? Talk it over with a friend, family member, or health care professional.