



THE REAL HUMAN

30 day stress
reduction challenge
for musicians

STRESS REDUCTION TIP #1

Set yourself a motivating goal

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STRESS REDUCTION TIP #2

LEAVE WORK
WHERE IT BELONGS...
AT WORK

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STRESS REDUCTION TIP #3

TALK to someone
about it.

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STRESS REDUCTION TIP #4

*Eat fresh,
healthy
food*

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Stress Reduction Tip #5

Listen to
some music

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STRESS REDUCTION TIP #6

Complete one
activity IN FULL
before starting
the next

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STRESS REDUCTION TIP #7

Exercise
for 30
minutes

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STRESS REDUCTION TIP #8

*Accept the
things you
cannot change*

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STRESS REDUCTION TIP #9

Treat yourself
to a good
night's sleep

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STRESS REDUCTION TIP #10

DITCH CAFFEINE
AND BOOZE

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STRESS REDUCTION TIP #11

LAUGH.
AS MUCH
AS YOU
CAN

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STRESS REDUCTION TIP #12

PRIORITISE
YOUR
WORKLOAD

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STRESS REDUCTION TIP #13

*Go on an
adventure!*

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STRESS REDUCTION TIP #14

NOTE
DOWN 5
THINGS
YOU'RE
GRATEFUL
FOR

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STRESS REDUCTION TIP #15

PLAY
WITH A
PET

STRESS REDUCTION TIP #16

Take a lunch break

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STRESS REDUCTION TIP #17

TRY MEDITATION.
TAKE TIME TO
REALLY BREATHE.

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STRESS REDUCTION TIP #18

Spend time with
friends and family

STRESS REDUCTION TIP #19

Be assertive.
Say no.

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STRESS REDUCTION TIP #20

SURPRISE
SOMEONE
WITH A
RANDOM
ACT OF
KINDNESS

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STRESS REDUCTION TIP #21

TURN OFF
THE TECH
FOR ONE
NIGHT

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STRESS REDUCTION TIP #22

SET REALISTIC
DEADLINES

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STRESS REDUCTION TIP #23

TAKE TIME TO
READ A BOOK

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STRESS REDUCTION TIP #24

GET ARTY AND
CREATE!

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STRESS REDUCTION TIP #25

SPRING
CLEAN
YOUR
HOME

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STRESS REDUCTION TIP #26

Write down your thoughts

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STRESS REDUCTION TIP #27

TREAT
YOURSELF TO
A
RELAXATION
ACTIVITY

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STRESS REDUCTION TIP #28

DUMP
THE
INNER
CRITIC

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STRESS REDUCTION TIP #29

Volunteer to help
someone else

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STRESS REDUCTION TIP #30

VISUALISE
YOUR
IDEAL LIFE

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