

Open your mind

# October



Manage your stress

1  
Unplug after work

2  
Do the TouchPoint Challenge, and embrace your stress and body tension melting away.

3  
Compliment someone

4  
Create a mantra that motivates you.  
Use it.

5  
Listen without worrying about your response

6  
Run your TouchPoints on your preferred setting for fifteen minutes after waking up

7  
Declutter a nook, drawer, or cabinet in your home

8  
Use red lights on your commute as a chance to appreciate your surroundings

9  
Spend a few moments focusing on your breathing

10  
Pamper yourself with an in-home spa treatment

11  
Use your TouchPoints on the calm/yellow setting for 10 minutes after the busiest part of your day

12  
Before bed, write down three things you appreciated in your day

13  
Take time to read a book for the pure enjoyment of it

14  
Purposefully pause before looking at your phone every time a notification comes through.

15  
Say to yourself:  
"I am enough"

16  
In a moment of frustration with someone else, turn your TouchPoints on the anger/purple setting, and try to understand their perspective.

17  
Reflect and journal about the best part of your day.

18  
Embrace your creative side. Paint, draw, write, dance, or do whatever comes naturally.

19  
Use your TouchPoints on the focus/yellow setting when your day starts to feel chaotic, and just focus on the present

20  
Spend time outside, appreciating whatever it has to offer

21  
Prior to sleep, use TouchPoints on the sleep/blue setting for five minutes

22  
Try Meditation

23  
Ask someone how they are doing and listen without forming opinions

24  
When negative thoughts creep in, turn TouchPoints on the focus/yellow setting until the feelings fade

25  
Relax in your waiting times

26  
Notice the way you carry yourself in your daily tasks

27  
At meal times, focus on nothing but eating

28  
Write a thank you letter to someone in your past

29  
Acknowledge the bad parts of your day with your TouchPoints on the calm/blue setting to help you move past and accept those moments

30  
Try yoga

31  
Take time to listen a favorite song while doing nothing else

## Changing of Seasons

"Live each season as it passes; breathe the air, drink the drink, taste the fruit, and resign yourself to the influences of each."  
Henry David Thoreau