



Stress Relief Planner

1. Take a deep breath in for 4 seconds, hold it for 4 seconds, and then exhale for 4 seconds. Repeat this cycle 5-10 times.

2. Try to focus on one thing at a time. If your mind wanders, gently bring it back to the present moment.

3. Practice gratitude by listing three things you are grateful for each day.

4. Engage in physical activity, such as walking, yoga, or stretching, to release tension.

5. Identify and challenge negative thoughts. Ask yourself if they are realistic and helpful.

6. Practice self-compassion. Be kind to yourself and acknowledge your struggles.

7. Spend time with loved ones who provide support and positivity.

8. Limit screen time and avoid social media if it causes stress or anxiety.

9. Create a relaxing bedtime routine to improve sleep quality.

10. Practice mindfulness meditation. Focus on your breath and the sensations around you.

11. Use visualization techniques to imagine a peaceful and stress-free environment.

12. Listen to calming music or nature sounds to soothe your mind.

13. Practice progressive muscle relaxation by tensing and then relaxing different muscle groups.

14. Try aromatherapy with essential oils like lavender, chamomile, or eucalyptus.

15. Engage in creative activities like drawing, writing, or gardening to express your emotions.

16. Practice deep breathing exercises using a balloon or a paper bag.

17. Consider journaling to reflect on your stressors and track your progress.

18. Practice the 5-4-3-2-1 grounding technique to stay present in the moment.

Planner Stress Relief

SB Merriam



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