



Stress Relief Planner

1. Take a deep breath in for 4 counts, hold for 4 counts, and exhale for 4 counts. Repeat 5 times.

2. Relax your shoulders by rolling them back and down.

3. Close your eyes and visualize a peaceful scene.

4. Listen to calming music or nature sounds.

5. Practice gratitude by listing three things you are thankful for.

6. Engage in a hobby or activity that brings you joy.

7. Spend time outdoors in nature.

8. Practice deep breathing by inhaling through your nose and exhaling through your mouth.

9. Use affirmations to boost your confidence and self-esteem.

10. Practice progressive muscle relaxation by tensing and then relaxing each muscle group.

11. Take a warm bath or shower.

12. Practice mindfulness meditation.

13. Use essential oils for relaxation and stress relief.

14. Practice journaling to express your thoughts and feelings.

15. Practice self-compassion and be kind to yourself.

16. Practice gratitude journaling by writing down things you are grateful for.

17. Practice visualization by imagining a peaceful scene.

18. Practice deep breathing by inhaling through your nose and exhaling through your mouth.

19. Practice progressive muscle relaxation by tensing and then relaxing each muscle group.

20. Practice mindfulness meditation.

21. Practice self-compassion and be kind to yourself.

22. Practice gratitude journaling by writing down things you are grateful for.

23. Practice visualization by imagining a peaceful scene.

24. Practice deep breathing by inhaling through your nose and exhaling through your mouth.

25. Practice progressive muscle relaxation by tensing and then relaxing each muscle group.

26. Practice mindfulness meditation.

27. Practice self-compassion and be kind to yourself.

28. Practice gratitude journaling by writing down things you are grateful for.

29. Practice visualization by imagining a peaceful scene.

30. Practice deep breathing by inhaling through your nose and exhaling through your mouth.

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and multiple projects Planners often find themselves working down to the wire against crushing deadlines and a mountain of obstacles that impede their progress Too frequently there is not enough time to get the job done properly let alone to spend on personal or professional pursuits And for many involved in the event planning field there is the extra dimension of travel to factor in juggling multiple projects on a daily basis across a multitude of time zones For smooth event implementation and for business success it is essential that planners know how to manage their own time as well as they manage an event Time Management for Event Planners teaches readers how to successfully manage their workload and do what matters most when it matters most Analyze and prioritize tasks Structure your workload and your day for maximum performance Identify red flag activities that hinder productivity Reduce stress producing time crunches Identify when extra help is needed as well as how to delegate outsource and even partner with suppliers in crunch periods Work with rather than against deadlines Save time using technology Manage multiple projects even in multiple time zones Balance your personal and professional life Whether you are an event planner a hospitality professional in public relations or other related fields Time Management for Event Planners offers time saving tips techniques examples and expert insight that will help you get time on your side

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