



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. Practice progressive muscle relaxation by tensing and then relaxing each muscle group in your body.

3. Engage in a hobby or activity that brings you joy and helps you forget your worries.

4. Spend time in nature, such as walking in a park or taking a hike, to reduce stress and improve your mood.

5. Practice mindfulness meditation by focusing on the present moment and letting go of your thoughts.

6. Get regular exercise, such as walking, jogging, or swimming, to release endorphins and reduce stress.

7. Prioritize your sleep by creating a bedtime routine and avoiding screens before bed.

8. Practice gratitude by keeping a journal of things you are thankful for each day.

9. Seek support from friends, family, or a professional counselor if you are struggling with stress.

10. Take regular breaks throughout your day to rest and recharge your energy.

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

12. Use visualization techniques to imagine a peaceful scene or a happy memory to distract yourself from stress.

13. Listen to calming music or nature sounds to help you relax and reduce your stress levels.

14. Practice yoga or stretching to improve your flexibility and reduce muscle tension.

15. Engage in social activities with friends and family to support your mental health and reduce stress.

16. Practice time management by prioritizing your tasks and avoiding procrastination.

17. Practice self-care by taking time for yourself and doing things that make you feel good.

18. Practice positive affirmations to boost your confidence and reduce self-doubt.

19. Practice journaling to express your thoughts and feelings and gain insight into your stressors.

20. Practice gratitude journaling by writing down three things you are grateful for each day.

Planner Stress Relief

WJ Hussar



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