



# Stress Relief Planner

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

2. Listen to music. Try to focus on the lyrics and let the music wash over you.

3. Write down your thoughts and feelings in a journal.

4. Take a walk in a park or a wooded area. Enjoy the fresh air and the sounds of nature.

5. Practice gratitude. Write down three things you are grateful for each day.

6. Try progressive muscle relaxation. Tense each muscle group for 10 seconds, then relax it.

7. Practice visualization. Close your eyes and imagine a peaceful scene, like a beach or a forest.

8. Listen to a guided meditation. There are many free audio guides available online.

9. Spend time with loved ones. Talking to friends and family can help you feel supported.

10. Practice deep breathing. Inhale for 4 counts, hold for 4 counts, and exhale for 4 counts.

11. Try yoga. There are many different styles of yoga, so find one that you enjoy.

12. Practice mindfulness. Pay attention to the present moment without judgment.

13. Take a break from technology. Turn off your phone and computer for a few hours each day.

14. Practice journaling. Write down your thoughts and feelings each day.

15. Try aromatherapy. Use essential oils like lavender, eucalyptus, and peppermint to help you relax.

16. Practice gratitude journaling. Write down three things you are grateful for each day.

17. Try meditation. There are many different styles of meditation, so find one that you enjoy.

18. Practice deep breathing. Inhale for 4 counts, hold for 4 counts, and exhale for 4 counts.

19. Try visualization. Close your eyes and imagine a peaceful scene, like a beach or a forest.

20. Practice gratitude. Write down three things you are grateful for each day.

# Planner Stress Relief

**Bernard T. Lewis**



## **Planner Stress Relief:**

Delve into the emotional tapestry woven by in **Planner Stress Relief** . This ebook, available for download in a PDF format ( PDF Size: \*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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