



# 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 times.

2. Try to relax your jaw. Try to lower your forehead to your eyebrows. Relax your shoulders.

3. Visualization: Picture yourself in a peaceful, relaxing environment. Describe the scene in detail.

4. Listen to music that makes you feel good. Create a playlist of songs that lift your mood.

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

6. Engage in a hobby or activity that you enjoy. This could be reading, gardening, or painting.

7. Exercise regularly. Physical activity can help reduce stress and improve your mood.

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

9. Spend time with loved ones. Social support is a key factor in managing stress.

10. Get enough sleep. Lack of sleep can increase stress levels.

11. Practice mindfulness. Focus on the present moment and let go of worries about the future.

12. Take a break from technology. Limit your screen time to reduce stress.

13. Practice yoga. Yoga can help reduce stress and improve your overall health.

14. Use aromatherapy. Essential oils like lavender and chamomile can help calm the mind.

15. Practice journaling. Writing down your thoughts and feelings can help you process stress.

16. Take a walk in nature. Spending time outdoors can reduce stress and improve your mood.

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

18. Practice positive affirmations. Repeat affirmations that boost your confidence and reduce stress.

19. Practice progressive muscle relaxation. Tense and then relax each muscle group in your body.

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

# Planner Stress Relief

**Holly Briggs**



## **Planner Stress Relief:**

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Tender Moments: **Planner Stress Relief** . This emotionally charged ebook, available for download in a PDF format ( \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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