



Stress Relief Planner

5-4-3-2-1 GROUNDING EXERCISE
When you feel overwhelmed or stressed, try this simple exercise to bring your mind back to the present moment. It helps reduce anxiety and promotes a sense of calm.

5: Name 5 things you can see.
4: Name 4 things you can touch.
3: Name 3 things you can hear.
2: Name 2 things you can smell.
1: Name 1 thing you can taste.

BREATHERS
Take a deep breath in through your nose, hold it for 4 seconds, and then exhale slowly through your mouth. Repeat this cycle several times to help relax your mind and body.

DEEP BREATHING EXERCISE
Sit or lie down in a comfortable position. Inhale deeply through your nose, filling your lungs with air. Hold the breath for a few seconds, then exhale slowly through your mouth. Repeat this exercise several times.

PROGRESSIVE MUSCLE RELAXATION
Tense each muscle group for a few seconds, then relax it completely. Start with your feet and work your way up to your head. This technique helps release physical tension and promotes relaxation.

POSITIVE AFFIRMATIONS
Repeat these affirmations to yourself throughout the day to boost your confidence and reduce stress. Focus on the positive aspects of your life and believe in your ability to overcome challenges.

1: I am capable and strong.
2: I am resilient and brave.
3: I am worthy and deserving.
4: I am confident and capable.
5: I am peaceful and calm.

MINUTE MEDITATION
Find a quiet space and sit in a comfortable position. Close your eyes and focus on your breath. When your mind wanders, gently bring it back to the present moment. Practice this for a few minutes each day to improve your focus and reduce stress.

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Kathleen Armour



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The Top Books of the Year Planner Stress Relief The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have captivated audiences this year. Planner Stress Relief : Colleen Hoover "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Planner Stress Relief : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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vectores dado deducimos que db del sistema de o