



# 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. Close your eyes and let the music wash over you.

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

6. Take a walk in nature. Feel the sun on your face and the breeze on your skin.

7. Practice deep breathing. Inhale for 4 seconds, hold for 4 seconds, and exhale for 4 seconds.

8. Practice progressive muscle relaxation. Tense each muscle group for 5 seconds, then relax.

9. Practice mindfulness. Focus on the present moment and observe your thoughts without judgment.

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

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

12. Practice meditation. Find a quiet place to sit and focus on your breath.

13. Practice yoga. Stretch your body and breathe deeply.

14. Practice Tai Chi. Move slowly and gracefully, focusing on your breath.

15. Practice Pilates. Strengthen your core and improve your posture.

16. Practice swimming. Enjoy the water and the rhythmic motion of the strokes.

17. Practice dancing. Move your body to the rhythm of the music.

18. Practice gardening. Spend time in the soil and enjoy the fruits of your labor.

19. Practice painting. Express your creativity and relax your mind.

20. Practice reading. Immerse yourself in a good book.

# Planner Stress Relief

**RM Cervero**



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