



# Stress Relief Planner

5-4-3-2-1 GROUNDING EXERCISE  
This exercise helps you focus on the present moment and reduces stress. Count down from 5 to 1, focusing on each sense as you go.

5 - TOUCH: How many things can you feel right now? (e.g., the chair you're sitting on, your feet on the floor)

4 - SIGHT: How many things can you see? (e.g., the pages of the notebook, the desk)

3 - HEARING: How many things can you hear? (e.g., the hum of the refrigerator, the sound of the fan)

2 - SMELL: How many things can you smell? (e.g., the tea, the candle)

1 - TASTE: How many things can you taste? (e.g., the tea)

BREATHWORK EXERCISES  
These exercises help you calm your mind and reduce stress.

4-7-8 BREATHING  
This exercise helps you relax and reduce stress. Inhale for 4 counts, hold for 7 counts, and exhale for 8 counts.

DIAPHRAGMATIC BREATHING  
This exercise helps you relax and reduce stress. Inhale deeply, allowing your diaphragm to expand.

BOX BREATHING  
This exercise helps you relax and reduce stress. Inhale for 4 counts, hold for 4 counts, exhale for 4 counts, and hold for 4 counts.

PHOENIX BREATHING  
This exercise helps you relax and reduce stress. Inhale for 4 counts, hold for 4 counts, exhale for 4 counts, and hold for 4 counts.

PROGRESSIVE MUSCLE RELAXATION  
This exercise helps you relax and reduce stress. Tense each muscle group for 5 seconds, then relax.

TRANCEPTER BREATHING  
This exercise helps you relax and reduce stress. Inhale for 4 counts, hold for 4 counts, exhale for 4 counts, and hold for 4 counts.

DIAPHRAGMATIC BREATHING  
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# Planner Stress Relief

**S Marginson**



## **Planner Stress Relief:**

## Decoding **Planner Stress Relief**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Planner Stress Relief**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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