



# 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 5-10 times.

2. Visualize a peaceful scene, such as a beach or a forest, and imagine yourself in that environment. Focus on the details of the scene and how it makes you feel.

3. Practice progressive muscle relaxation by tensing and then relaxing each muscle group in your body, starting from your feet and moving up to your head.

4. Engage in a hobby or activity that you enjoy, such as reading, gardening, or painting. This can help distract your mind from stress and provide a sense of accomplishment.

5. Practice mindfulness meditation by focusing your attention on the present moment, without judgment. This can help reduce stress and improve your overall well-being.

6. Spend time with loved ones and engage in social activities. This can provide emotional support and help you feel less isolated.

7. Practice gratitude by keeping a journal of things you are grateful for. This can help shift your focus from negative thoughts to positive ones.

8. Consider seeking professional help if your stress is overwhelming and interfering with your daily life. A therapist can provide personalized strategies and support.

9. Practice deep breathing exercises, such as the 4-7-8 technique, to calm your mind and reduce stress.

10. Engage in regular physical activity, such as walking, jogging, or yoga, to release endorphins and reduce stress levels.

11. Practice self-care by taking time for yourself and doing things that bring you joy and relaxation.

12. Use affirmations to challenge negative thoughts and replace them with positive, empowering statements.

13. Practice visualization by imagining yourself in a state of calm and relaxation, surrounded by positive energy.

14. Consider using aromatherapy with essential oils like lavender, chamomile, or eucalyptus to create a soothing atmosphere.

15. Practice journaling to express your thoughts and feelings, which can help you gain insight into your stressors and find solutions.

16. Practice time management by prioritizing tasks and setting realistic deadlines to avoid feeling overwhelmed.

17. Consider taking short breaks throughout the day to rest and recharge your energy.

18. Practice gratitude journaling by writing down three things you are grateful for each day.

19. Practice self-compassion by being kind to yourself and recognizing that it's okay to feel stressed.

20. Practice deep breathing exercises, such as the 4-7-8 technique, to calm your mind and reduce stress.

# Planner Stress Relief

**Kathleen Armour**



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