



# Stress Relief Planner

1. Take a deep breath in for 4 counts, hold for 4 counts, and exhale for 4 counts. Repeat 5 times.

2. Try to relax your jaw. Try to relax your forehead. Try to relax your shoulders.

3. Visualization: Picture a peaceful scene, like a beach or a forest. Spend 5 minutes in this visualization.

4. Listen to music that makes you feel good. Listen for 10-15 minutes.

5. Write down your thoughts and feelings. Sometimes writing helps to clear your mind.

6. Take a walk in nature. Fresh air and sunlight can help reduce stress.

7. Practice gratitude. Think of three things you are grateful for each day.

8. Try to get enough sleep. Lack of sleep can increase stress levels.

9. Avoid caffeine and alcohol. These substances can increase stress.

10. Talk to a friend or family member. Sometimes just talking about your stress can help.

11. Practice deep breathing. Inhale for 4 counts, hold for 4 counts, and exhale for 4 counts. Repeat 5 times.

12. Try to relax your jaw. Try to relax your forehead. Try to relax your shoulders.

13. Visualization: Picture a peaceful scene, like a beach or a forest. Spend 5 minutes in this visualization.

14. Listen to music that makes you feel good. Listen for 10-15 minutes.

15. Write down your thoughts and feelings. Sometimes writing helps to clear your mind.

16. Take a walk in nature. Fresh air and sunlight can help reduce stress.

17. Practice gratitude. Think of three things you are grateful for each day.

18. Try to get enough sleep. Lack of sleep can increase stress levels.

# Planner Stress Relief

**Wendy DeGraffenried**



## **Planner Stress Relief:**

Planner Stress Relief: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have enthralled audiences this year. Planner Stress Relief : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Planner Stress Relief : 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 compelling 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 captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins 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 captivating 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 exceptional and gripping novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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