



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. Practice the 4-7-8 technique: Inhale for 4 seconds, hold for 7 seconds, and exhale for 8 seconds. Repeat 4 times.

3. Try the 5-5-5 method: Inhale for 5 seconds, hold for 5 seconds, and exhale for 5 seconds. Repeat 5 times.

4. Practice diaphragmatic breathing: Place one hand on your chest and the other on your belly. Breathe in through your nose, feeling your belly rise. Exhale through your mouth, feeling your belly fall. Repeat 10 times.

5. Try the 1-2-3-4-5 method: Inhale for 1 second, hold for 2 seconds, and exhale for 3 seconds. Repeat 4 times.

6. Practice the 1-2-3-4-5-6-7-8 method: Inhale for 1 second, hold for 2 seconds, and exhale for 3 seconds. Repeat 4 times.

7. Try the 1-2-3-4-5-6-7-8-9-10 method: Inhale for 1 second, hold for 2 seconds, and exhale for 3 seconds. Repeat 4 times.

8. Practice the 1-2-3-4-5-6-7-8-9-10-11-12 method: Inhale for 1 second, hold for 2 seconds, and exhale for 3 seconds. Repeat 4 times.

9. Try the 1-2-3-4-5-6-7-8-9-10-11-12-13-14-15 method: Inhale for 1 second, hold for 2 seconds, and exhale for 3 seconds. Repeat 4 times.

10. Practice the 1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20 method: Inhale for 1 second, hold for 2 seconds, and exhale for 3 seconds. Repeat 4 times.

11. Try the 1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25 method: Inhale for 1 second, hold for 2 seconds, and exhale for 3 seconds. Repeat 4 times.

12. Practice the 1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30 method: Inhale for 1 second, hold for 2 seconds, and exhale for 3 seconds. Repeat 4 times.

13. Try the 1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31-32-33-34-35 method: Inhale for 1 second, hold for 2 seconds, and exhale for 3 seconds. Repeat 4 times.

14. Practice the 1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31-32-33-34-35-36-37-38-39-40 method: Inhale for 1 second, hold for 2 seconds, and exhale for 3 seconds. Repeat 4 times.

15. Try the 1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20-21-22-23-24-25-26-27-28-29-30-31-32-33-34-35-36-37-38-39-40-41-42-43-44-45 method: Inhale for 1 second, hold for 2 seconds, and exhale for 3 seconds. Repeat 4 times.

Planner Stress Relief

Gosia Margie Witko



Planner Stress Relief:

Whispering the Strategies of Language: An Psychological Quest through **Planner Stress Relief**

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