



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 rest on your eyebrows.

3. Close your eyes and imagine a peaceful scene, such as a beach or a forest.

4. Listen to soft music or nature sounds.

5. Take a walk in a park or a quiet area.

6. Practice yoga or stretching.

7. Write in a journal about your stressors.

8. Spend time with friends or family.

9. Practice mindfulness meditation.

10. Use essential oils like lavender or chamomile.

11. Take a warm bath or shower.

12. Listen to a guided meditation.

13. Practice deep breathing exercises.

14. Try a stress ball or fidget spinner.

15. Practice progressive muscle relaxation.

16. Take a break from work or school.

17. Practice gratitude journaling.

Planner Stress Relief

D Keegan



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