



# 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. Try to focus on the present moment. Notice the sounds, smells, and textures around you. This helps to ground you and reduce stress.

3. Practice gratitude by listing three things you are thankful for each day. This can help shift your focus from negative to positive thoughts.

4. Engage in physical activity, such as walking, yoga, or stretching. Exercise releases endorphins, which can help reduce stress.

5. Identify and challenge negative thoughts. Ask yourself if they are realistic and helpful. Replace them with more positive and constructive thoughts.

6. Practice deep breathing exercises. Inhale through your nose for 4 seconds, hold for 4 seconds, and exhale through your mouth for 4 seconds.

7. Use visualization techniques. Imagine a peaceful scene, such as a beach or a forest, and focus on the details. This can help you relax and reduce stress.

8. Practice progressive muscle relaxation. Tense each muscle group for 5-10 seconds, then relax it. This helps to release physical tension.

9. Use affirmations to boost your confidence and reduce self-doubt. Repeat positive statements to yourself daily.

10. Practice mindfulness meditation. Focus on your breath and the present moment without judgment. This can help reduce stress and improve focus.

11. Limit your screen time and avoid multitasking. Focus on one task at a time to reduce mental clutter and stress.

12. Practice journaling. Write down your thoughts and feelings. This can help you process your emotions and gain perspective on your stressors.

13. Use essential oils for relaxation. Scents like lavender, chamomile, and eucalyptus can help calm the mind and reduce stress.

14. Practice self-care. Take time for yourself to do activities you enjoy. This helps to recharge and reduce stress.

15. Use visualization techniques. Imagine a peaceful scene, such as a beach or a forest, and focus on the details. This can help you relax and reduce stress.

16. Practice deep breathing exercises. Inhale through your nose for 4 seconds, hold for 4 seconds, and exhale through your mouth for 4 seconds.

17. Use affirmations to boost your confidence and reduce self-doubt. Repeat positive statements to yourself daily.

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# Planner Stress Relief

**Scott C. Dulebohn**



**Planner Stress Relief:**

Planner Stress Relief: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have captivated audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : 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 captivating 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 mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating 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 brilliant and gripping novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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web goal 1 engage our learners through innovative teaching and learning practices enhance support for students with specific needs support the implementation of the curriculum enhance assessment and reporting strategies to support teaching and learning

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