



Stress Relief Planner

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

2. Try to relax your jaw by clenching it for 5 seconds, then releasing it. Repeat 5 times.

3. Close your eyes and visualize a peaceful scene, such as a beach or a forest. Spend 5 minutes in this visualization.

4. Listen to calming music or nature sounds for 10 minutes.

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

6. Engage in a hobby or activity that you enjoy for at least 30 minutes each day.

7. Get regular exercise, such as walking or jogging, for at least 30 minutes each day.

8. Practice mindfulness meditation for 10 minutes each day.

9. Try progressive muscle relaxation by tensing and then relaxing each muscle group in your body.

10. Use aromatherapy with essential oils like lavender or chamomile to help reduce stress.

11. Practice deep breathing by inhaling through your nose and exhaling through your mouth.

12. Try visualization by imagining a peaceful scene in your mind.

13. Listen to calming music or nature sounds for 10 minutes.

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

15. Engage in a hobby or activity that you enjoy for at least 30 minutes each day.

16. Get regular exercise, such as walking or jogging, for at least 30 minutes each day.

17. Practice mindfulness meditation for 10 minutes each day.

18. Try progressive muscle relaxation by tensing and then relaxing each muscle group in your body.

19. Use aromatherapy with essential oils like lavender or chamomile to help reduce stress.

20. Practice deep breathing by inhaling through your nose and exhaling through your mouth.

Planner Stress Relief

KJ Lindholm-Leary



Planner Stress Relief:

The Top Books of the Year Planner Stress Relief The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have captivated audiences this year. The Must-Read : Colleen Hoover "It Ends with Us" This heartfelt 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 succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating 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 captivating 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 popular 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 masterful and thrilling novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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