



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

3. Try the 5-5-5 technique: Inhale for 5 counts, hold for 5 counts, and exhale for 5 counts. Repeat 5 times.

4. Practice Transcendental Meditation (TM) by repeating a mantra (e.g., "Om") for 20 minutes, twice a day.

5. Try the 1-2-3-4-5 technique: Inhale for 1 count, hold for 2 counts, and exhale for 3 counts. Repeat 4 times.

6. Practice Mindfulness Meditation by focusing on your breath and observing your thoughts without judgment.

7. Try the 1-2-3-4-5-6-7-8-9-10 technique: Inhale for 1 count, hold for 2 counts, and exhale for 3 counts. Repeat 10 times.

8. Practice Transcendental Meditation (TM) by repeating a mantra (e.g., "Om") for 20 minutes, twice a day.

9. Try the 1-2-3-4-5-6-7-8-9-10 technique: Inhale for 1 count, hold for 2 counts, and exhale for 3 counts. Repeat 10 times.

10. Practice Transcendental Meditation (TM) by repeating a mantra (e.g., "Om") for 20 minutes, twice a day.

11. Try the 1-2-3-4-5-6-7-8-9-10 technique: Inhale for 1 count, hold for 2 counts, and exhale for 3 counts. Repeat 10 times.

12. Practice Transcendental Meditation (TM) by repeating a mantra (e.g., "Om") for 20 minutes, twice a day.

13. Try the 1-2-3-4-5-6-7-8-9-10 technique: Inhale for 1 count, hold for 2 counts, and exhale for 3 counts. Repeat 10 times.

14. Practice Transcendental Meditation (TM) by repeating a mantra (e.g., "Om") for 20 minutes, twice a day.

15. Try the 1-2-3-4-5-6-7-8-9-10 technique: Inhale for 1 count, hold for 2 counts, and exhale for 3 counts. Repeat 10 times.

16. Practice Transcendental Meditation (TM) by repeating a mantra (e.g., "Om") for 20 minutes, twice a day.

17. Try the 1-2-3-4-5-6-7-8-9-10 technique: Inhale for 1 count, hold for 2 counts, and exhale for 3 counts. Repeat 10 times.

18. Practice Transcendental Meditation (TM) by repeating a mantra (e.g., "Om") for 20 minutes, twice a day.

19. Try the 1-2-3-4-5-6-7-8-9-10 technique: Inhale for 1 count, hold for 2 counts, and exhale for 3 counts. Repeat 10 times.

Planner Stress Relief

Raffaella Di Napoli



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