



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

3. Engage in a hobby or activity that brings you joy and helps you forget your worries.

4. Spend time in nature, such as walking in a park or taking a hike, to reduce stress and improve your mood.

5. Practice mindfulness meditation by focusing on the present moment and letting go of your thoughts.

6. Get regular exercise, such as walking, jogging, or yoga, to release endorphins and reduce stress.

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

8. Limit your screen time and avoid social media to reduce stress and improve your mental health.

9. Practice self-care by taking time for yourself and doing things that make you feel good.

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

11. Practice visualization by imagining a peaceful scene and focusing on the details.

12. Practice journaling by writing down your thoughts and feelings to gain clarity and reduce stress.

13. Practice aromatherapy by using essential oils like lavender, chamomile, and peppermint.

14. Practice yoga or tai chi to improve your flexibility, strength, and mental focus.

15. Practice listening to music that you enjoy to lift your mood and reduce stress.

16. Practice taking short breaks throughout the day to rest and recharge your energy.

17. Practice spending time with loved ones to support you and reduce stress.

18. Practice practicing deep breathing exercises by inhaling through your nose and exhaling through your mouth.

Planner Stress Relief

M Lipman



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