



# Stress Relief Planner

Stress is a natural response to a perceived threat or challenge. It can be helpful in the short term, but chronic stress can lead to health problems. This planner provides tools to manage stress and improve your overall well-being.

**Stress Management Strategies**

1. Identify your stressors.

2. Practice deep breathing exercises.

3. Engage in regular physical activity.

4. Maintain a healthy diet and get enough sleep.

5. Seek support from friends and family.

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# Planner Stress Relief

**Minjie Lin**



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