



Stress Relief Planner

5-4-3-2-1 GROUNDING EXERCISE
When you feel overwhelmed or stressed, try this quick exercise to refocus your attention on the present moment. Shut your eyes and follow the directions below, paying attention to the words in italics.

5: *What are 5 things you can see?*
4: *What are 4 things you can touch?*
3: *What are 3 things you can hear?*
2: *What are 2 things you can smell?*
1: *What is 1 thing you can taste?*

BREATHERS
When you're feeling stressed, take a few deep breathers. This simple exercise can help you relax and clear your mind.

1. Inhale deeply for 4 seconds.
2. Hold your breath for 4 seconds.
3. Exhale slowly for 4 seconds.
4. Repeat 5 times.

PROVIDE YOURSELF WITH POSITIVE AFFIRMATIONS
Repeat these affirmations to yourself every day to help you feel more confident and in control.

I am capable and strong.
I am confident and in control.
I am resilient and brave.

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