



Stress Relief Planner

5-4-3-2-1 GROUNDING EXERCISE
When you feel overwhelmed, try this exercise to bring your mind back to the present moment. It helps reduce anxiety and stress by focusing on the five senses.

5 - Look around you. Name 5 things you can see.
4 - Touch something. Name 4 things you can feel.
3 - Listen. Name 3 things you can hear.
2 - Smell something. Name 2 things you can smell.
1 - Taste something. Name 1 thing you can taste.

DEEP BREATHING EXERCISE
Take a deep breath in through your nose for 4 seconds, hold it for 4 seconds, and then exhale through your mouth for 4 seconds. Repeat this cycle 5 times.

PHYSICAL EXERCISE
Engage in physical activity, such as walking, jogging, or yoga, to release endorphins and reduce stress levels.

PROGRESSIVE MUSCLE RELAXATION
Tense each muscle group for 5 seconds, then relax it for 10 seconds. Start with your feet and work your way up to your head.

TRANSFORM NEGATIVE THOUGHTS
Identify negative thoughts and replace them with positive, affirming statements. For example, "I am capable and strong."

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Holly Briggs



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