



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 to reduce anxiety and increase focus.

5: Touch 5 things around you (e.g., a pen, a book, a chair).

4: Listen for 4 different sounds (e.g., a fan, a clock, a window).

3: Look at 3 things in the room (e.g., a picture, a plant, a lamp).

2: Feel 2 textures (e.g., your clothes, the desk).

1: Taste 1 thing (e.g., a sip of water, a piece of fruit).

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 ACTIVITY
Engage in physical activity for at least 30 minutes a day. This can help to reduce stress and improve your mood.

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.

POSITIVE AFFIRMATIONS
Repeat these affirmations daily to boost your confidence and reduce stress.

1. I am capable and strong.

TIME MANAGEMENT
Create a schedule for your day, prioritizing tasks and allowing for breaks. This can help to reduce the feeling of being overwhelmed.

PROBLEM-SOLVING
Break down large problems into smaller, manageable steps. This can make them easier to tackle and reduce stress.

SELF-CARE
Take time for yourself each day. Engage in activities that you enjoy and that help you to relax and recharge.

EMOTIONAL SUPPORT
Reach out to friends and family for support. Talking to someone who understands can help to reduce stress and provide a sense of relief.

PROFESSIONAL HELP
If you are struggling with stress, consider seeking professional help from a therapist or counselor.

RELAXATION TECHNIQUES
Practice relaxation techniques such as meditation, yoga, or Tai Chi. These can help to reduce stress and improve your overall well-being.

DIET AND EXERCISE
Eat a healthy diet and exercise regularly. This can help to reduce stress and improve your mood.

WORK-BALANCE
Set boundaries between work and personal time. Avoid checking work emails or taking work home with you.

POSITIVE THINKING
Focus on the positive aspects of your life and practice gratitude. This can help to reduce stress and increase your overall happiness.

PROFESSIONAL SUPPORT
If you are struggling with stress, consider seeking professional help from a therapist or counselor.

Planner Stress Relief

**E. Wayne Hart, Diane Carver, Lisa
Armstrong**



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