

# 15

## AT-HOME ACTIVITIES AND IDEAS TO RELIEVE STRESS



STRETCH



CLEAN



DOODLE



LIGHT CANDLE

KNIT



LIP SCRUB & MASQUE TREATMENT



BREATHE



DIY PILLOW

FOOT SOAK



MAKE A COLLAGEN SMOOTHIE



FENG SHUI BEDROOM



JOURNALING

EXERCISE



PREP MEALS



FUN DIY WITH YOUR KIDS

# Ideas Stress Relief

**Daniela Niemeyer**



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