



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 each item as you go.

5: How many things can you touch?
4: How many things can you see?
3: How many things can you hear?
2: How many things can you smell?
1: How many things can you taste?

BREATHERS
When you're feeling stressed, taking a few deep breaths can help you feel calmer and more in control.

WALKING
Walking is a simple, low-impact exercise that can help you feel more energized and clear your mind.

GRATEFULNESS
Taking time to appreciate the good things in your life can help you feel more positive and resilient.

PROBLEM-SOLVING
When you're facing a challenge, break it down into smaller, manageable steps and tackle them one at a time.

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