



# Stress Relief Planner

1. Take a deep breath in for 4 seconds, hold it for 4 seconds, and then exhale for 4 seconds. Repeat this cycle 5-10 times.

2. Practice progressive muscle relaxation by tensing and then relaxing each muscle group in your body.

3. Engage in a hobby or activity that you enjoy and helps you forget your worries.

4. Spend time in nature, such as walking in a park or taking a hike.

5. Practice gratitude by writing down three things you are grateful for each day.

6. Get regular exercise, such as walking, jogging, or swimming.

7. Limit your intake of caffeine, alcohol, and tobacco.

8. Practice good sleep hygiene by going to bed at a regular time and avoiding screens before bed.

9. Practice mindfulness meditation by focusing on your breath and the present moment.

10. Use positive affirmations to boost your self-esteem and confidence.

11. Practice deep breathing exercises by inhaling through your nose and exhaling through your mouth.

12. Practice visualization by imagining a peaceful scene or a happy memory.

13. Practice journaling by writing down your thoughts and feelings.

14. Practice self-care by taking time for yourself and doing things that make you feel good.

15. Practice yoga or Tai Chi to improve your flexibility and reduce stress.

16. Practice aromatherapy by using essential oils to create a relaxing atmosphere.

17. Practice listening to music that you enjoy and helps you relax.

18. Practice taking short breaks throughout the day to rest and recharge.

19. Practice being present and mindful of the things you are doing.

20. Practice being kind to yourself and accepting your imperfections.

21. Practice being grateful for the things you have and the people in your life.

22. Practice being patient and understanding of yourself and others.

23. Practice being assertive and standing up for your needs.

24. Practice being flexible and adaptable to change.

25. Practice being optimistic and looking for the good in every situation.

26. Practice being resilient and bouncing back from setbacks.

# Planner Stress Relief

**Bernard T. Lewis**



## **Planner Stress Relief:**

Eventually, you will no question discover a new experience and finishing by spending more cash. yet when? complete you put up with that you require to get those all needs like having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will lead you to comprehend even more going on for the globe, experience, some places, following history, amusement, and a lot more?

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