



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. Visualize a peaceful scene, such as a beach or a forest, and imagine yourself in that environment. Focus on the details of the scene and how it makes you feel.

3. Practice progressive muscle relaxation by tensing and then relaxing each muscle group in your body, starting from your feet and moving up to your head.

4. Engage in a hobby or activity that you enjoy, such as reading, gardening, or listening to music. This can help distract your mind from stress and provide a sense of accomplishment.

5. Practice mindfulness meditation by focusing your attention on the present moment, without judgment. This can help reduce stress and improve your overall well-being.

6. Get regular exercise, as this can help reduce stress and improve your mood. Even a short walk or a few minutes of stretching can be beneficial.

7. Practice gratitude by taking time each day to think about the things you are grateful for. This can help shift your focus from what is going wrong to what is going right.

8. Seek support from friends, family, or a professional counselor if you are struggling with stress. Talking to someone can help you gain perspective and find solutions.

9. Practice deep breathing exercises, such as the 4-7-8 technique, to help calm your mind and reduce stress.

10. Use aromatherapy to help reduce stress. Essential oils like lavender, chamomile, and eucalyptus can be used in a diffuser or added to a bath.

11. Practice yoga or Tai Chi, as these practices can help reduce stress and improve your physical health.

12. Practice self-care by taking time for yourself and doing things that make you feel good. This can help reduce stress and improve your overall well-being.

13. Practice journaling to help you process your thoughts and feelings. This can be a helpful tool for managing stress and improving your mental health.

14. Practice visualization by imagining a peaceful scene or a successful outcome. This can help reduce stress and improve your confidence.

15. Practice positive affirmations by repeating statements that affirm your worth and abilities. This can help reduce stress and improve your self-esteem.

Planner Stress Relief

RD Boyd



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