



# 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. Imagine the sights, sounds, and smells of this scene.

3. Practice progressive muscle relaxation. Tense each muscle group for 5 seconds, then relax it for 10 seconds.

4. Listen to calming music or nature sounds. This can help distract your mind from stressors.

5. Practice mindfulness meditation. Focus on the present moment without judgment.

6. Engage in physical activity, such as walking or yoga. Exercise releases endorphins, which can help reduce stress.

7. Practice gratitude. Write down three things you are grateful for each day.

8. Use journaling to process your thoughts and feelings. Writing can help you gain perspective on your stressors.

9. Practice deep breathing. Inhale through your nose for 4 counts, hold for 4 counts, and exhale through your mouth for 4 counts.

10. Try guided meditation. There are many apps and websites that offer guided meditation sessions.

11. Use visualization to create a mental escape. Imagine yourself in a peaceful, stress-free environment.

12. Practice self-compassion. Be kind to yourself and acknowledge your struggles.

13. Try aromatherapy. Essential oils like lavender and chamomile can help promote relaxation.

14. Practice progressive muscle relaxation. Tense each muscle group for 5 seconds, then relax it for 10 seconds.

15. Use journaling to process your thoughts and feelings. Writing can help you gain perspective on your stressors.

16. Practice mindfulness meditation. Focus on the present moment without judgment.

17. Engage in physical activity, such as walking or yoga. Exercise releases endorphins, which can help reduce stress.

18. Practice gratitude. Write down three things you are grateful for each day.

19. Use journaling to process your thoughts and feelings. Writing can help you gain perspective on your stressors.

# Planner Stress Relief

**SJ Ball**



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