



# 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. Try to relax your jaw. Try to lower your forehead. Try to relax your shoulders.

3. Visualization: Picture a peaceful scene, like a beach or a forest. Spend a few minutes fully immersing yourself in the scene.

4. Listen to music that makes you feel good. Create a playlist of songs that lift your mood.

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

6. Exercise: Engage in physical activity, such as walking, jogging, or yoga, to release endorphins and reduce stress.

7. Spend time with loved ones. Social support is a powerful stressor.

8. Practice deep breathing. Inhale for 4 counts, hold for 4 counts, and exhale for 4 counts.

9. Use aromatherapy. Essential oils like lavender, chamomile, and peppermint can help reduce stress.

10. Practice mindfulness. Focus on the present moment and observe your thoughts without judgment.

## 11. Meditation

12. Mindfulness meditation: Focus on your breath and the sensations of your body in the present moment.

13. Transcendental meditation: A form of meditation that involves repeating a mantra to reach a state of deep relaxation.

14. Vipassana meditation: A form of Buddhist meditation that focuses on observing the nature of reality.

15. Transcendental meditation: A form of meditation that involves repeating a mantra to reach a state of deep relaxation.

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# Planner Stress Relief

**Robert R. Redfield**



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