



Stress Relief Planner

1. Take a deep breath in for 4 counts, hold for 4 counts, and exhale for 4 counts. Repeat 5 times.

2. Practice the 4-7-8 technique: Inhale for 4 counts, hold for 7 counts, and exhale for 8 counts. Repeat 4 times.

3. Try the 5-5-5 technique: Inhale for 5 counts, hold for 5 counts, and exhale for 5 counts. Repeat 5 times.

4. Practice the 1-2-3-4-5-6-7-8-9-10 technique: Inhale for 1 count, hold for 2 counts, and exhale for 3 counts. Repeat 4 times.

5. Practice the 1-2-3-4-5-6-7-8-9-10 technique: Inhale for 1 count, hold for 2 counts, and exhale for 3 counts. Repeat 4 times.

6. Practice the 1-2-3-4-5-6-7-8-9-10 technique: Inhale for 1 count, hold for 2 counts, and exhale for 3 counts. Repeat 4 times.

7. Practice the 1-2-3-4-5-6-7-8-9-10 technique: Inhale for 1 count, hold for 2 counts, and exhale for 3 counts. Repeat 4 times.

8. Practice the 1-2-3-4-5-6-7-8-9-10 technique: Inhale for 1 count, hold for 2 counts, and exhale for 3 counts. Repeat 4 times.

9. Practice the 1-2-3-4-5-6-7-8-9-10 technique: Inhale for 1 count, hold for 2 counts, and exhale for 3 counts. Repeat 4 times.

10. Practice the 1-2-3-4-5-6-7-8-9-10 technique: Inhale for 1 count, hold for 2 counts, and exhale for 3 counts. Repeat 4 times.

11. Practice the 1-2-3-4-5-6-7-8-9-10 technique: Inhale for 1 count, hold for 2 counts, and exhale for 3 counts. Repeat 4 times.

12. Practice the 1-2-3-4-5-6-7-8-9-10 technique: Inhale for 1 count, hold for 2 counts, and exhale for 3 counts. Repeat 4 times.

13. Practice the 1-2-3-4-5-6-7-8-9-10 technique: Inhale for 1 count, hold for 2 counts, and exhale for 3 counts. Repeat 4 times.

14. Practice the 1-2-3-4-5-6-7-8-9-10 technique: Inhale for 1 count, hold for 2 counts, and exhale for 3 counts. Repeat 4 times.

15. Practice the 1-2-3-4-5-6-7-8-9-10 technique: Inhale for 1 count, hold for 2 counts, and exhale for 3 counts. Repeat 4 times.

16. Practice the 1-2-3-4-5-6-7-8-9-10 technique: Inhale for 1 count, hold for 2 counts, and exhale for 3 counts. Repeat 4 times.

Planner Stress Relief

David R. Jedrzewski



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