



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 times.

2. Try to relax your jaw. Try to lower your forehead to rest on your eyebrows.

3. Close your eyes and imagine a peaceful scene, such as a beach or a forest.

4. Listen to your favorite music or a calming podcast.

5. Practice gratitude by listing three things you are grateful for.

6. Take a short walk in nature or a park.

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

8. Try progressive muscle relaxation by tensing and then relaxing your muscles.

9. Spend time with loved ones or pets.

10. Practice mindfulness by focusing on the present moment.

11. Engage in a hobby or activity that you enjoy.

12. Practice self-compassion by treating yourself with kindness and understanding.

13. Use visualization to imagine a peaceful scene or a happy memory.

14. Practice gratitude by focusing on the things you are grateful for.

15. Try to relax your jaw and lower your forehead.

16. Listen to your favorite music or a calming podcast.

17. Take a short walk in nature or a park.

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

19. Try progressive muscle relaxation by tensing and then relaxing your muscles.

20. Spend time with loved ones or pets.

21. Practice mindfulness by focusing on the present moment.

22. Engage in a hobby or activity that you enjoy.

23. Practice self-compassion by treating yourself with kindness and understanding.

24. Use visualization to imagine a peaceful scene or a happy memory.

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