

MY DE-STRESS ACTIVITIES



Let's get
things done!



Date: _____

Physical

Deep breathing, simple stretches

Go for a short walk outdoors

Take screen breaks

Cleaning/organizing (specify)

Bath/ foot soak with scented salts

Body scan for signs of tension

Listen to soothing music

Progressive muscle relaxation

Mental

Plan out your day for better work- life balance

Shift negative self-talk to positive thoughts/statements

Relax for 6 min with a good book

Do nothing for 5 to 10 minutes

Be productive with a weekend to-do list

Have an action plan for managing stress

Emotional

5 minutes of positive reflection on your life (times of joy, satisfaction)

If you are feeling blue, reach out to a friend, someone in your social circle

Watch a funny video clip or comedy

Keep a mood/feelings journal

Avoid distressing TV/news/social media before bed

Write down 3 things that you are grateful for or 3 things that made you smile at night

