

10 STEP STRESS RELIEF PLAN

When feeling stressed or overwhelmed, try these:

1. TAKE A BREAK FROM WHAT YOU ARE DOING

2. TAKE 5 DEEP BREATHS Or try box breathing

3. PRACTICE THE 5-4-3-2-1 TECHNIQUE

4. GRAB SOME WATER TO STAY HYDRATED



To avoid feeling stressed:

5. GET A GOOD NIGHTS SLEEP

6. MOVE YOUR BODY

7. GO OUTSIDE & INTO NATURE

8. REDUCE YOUR SCREEN TIME

9. LEARN TO SAY NO

10. SPEND TIME WITH LOVED ONES

