



30 EASY STRESS RELIEF
ACTIVITIES TO TRY IN 30 DAYS

SIT OUTSIDE FOR 5 MINUTES

TAKE 3 DEEP BREATHS

COUNT FROM 30 TO ZERO

VISUALIZE YOUR FAVORITE PLACE FOR 30 SECONDS

STRETCH FOR 1 MINUTE

SING YOUR FAVORITE SONG

DANCE FOR 30 SECONDS

RUN HANDS UNDER WATER FOR 30 SECS

PUT YOUR FEET FLAT ON THE FLOOR AND TAKE 10 DEEP BREATHS

LISTEN TO YOUR FAVORITE SONG

ASK SOMEONE YOU KNOW AND TRUST FOR A HUG

TAKE 10 DEEP BREATHS WITH YOUR EYES CLOSED

GO OUTDOORS AND COUNT BIRDS FOR 1 MINUTE

GO FOR A 5 MINUTE WALK

TALK TO A TRUSTED FAMILY MEMBER OR FRIEND

TAKE A SHOWER OR BATH

DO A PUZZLE

LOOK AT SOMETHING WITH
CALMING COLORS(BLUE, GREEN, PURPLE) FOR 30 SECONDS

RECITE YOUR FAVORITE AFFIRMATION, MANTRA, POEM OR PRAYER

DRAW A PICTURE

COLOR FOR 10 MINUTES

WRITE A POEM OR SHORT STORY

LISTEN TO A GUIDED MEDITATION

GIVE YOURSELF A HUG

TAKE 10 DEEP BREATHS
COUNT DOWN FROM 20 TO 1 WHILE STRETCHING

MAKE A PAPER AIRPLANE

DANCE WHILE LISTENING TO YOUR FAVORITE SONG

WRITE OR SAY 5 THINGS YOUR
GRATEFUL FOR WHILE VISUALIZING THEM

WRITE YOURSELF A LOVE LETTER

DOODLE FOR 2 MINUTES

