

Self Care Ideas for Stress Relief



Write a letter to
your future self



Practice your
creative writing



Do an at-
home workout



Listen to a
new podcast



Play with a pet



Clear out your
email inbox



Make a dessert
and enjoy it



Do a gentle/
slow yoga class



Read a book



Take some
fun selfies



Make a fancy
drink or cocktail



Take a long
nap

Ideas Stress Relief

JR Anderson



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