

Immediate Stress Relief Checklist

While there are many things you can do to decrease stress and overwhelm in your daily life, many of them take time before you really start to see results. But sometimes we need relief faster and when this is the case it can feel impossible to figure out what to do. This checklist can help. It's a collection of immediate stress relievers. Try one or try them all and make a note of what works for you. Soon you'll know exactly what gives you immediate relief from high stress, high anxiety, and overwhelm.

Stress Reliever	Worked	Didn't Work
Take a cold bath or shower		
Call a friend or loved one		
Dance to a favorite song or play list		
Listen to a favorite song or play list		
Pray		
Praise and Worship		
Go for a walk or run		
Do some yoga		
Kickboxing or other cardio		
Lift weights		

Stress Relief Checklist

M Mark



Stress Relief Checklist:

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2. Walk outside	☐
3. Listen to music	☐
4. Drink water	☐
5. Eat healthy food	☐
6. Exercise	☐
7. Talk to a friend	☐
8. Meditate	☐
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58. Take a break	☐
59. Take a walk	☐
60. Take a bath	☐
61. Take a shower	☐
62. Take a nap	☐
63. Take a break	☐
64. Take a walk	☐
65. Take a bath	☐
66. Take a shower	☐
67. Take a nap	☐
68. Take a break	☐
69. Take a walk	☐
70. Take a bath	☐
71. Take a shower	☐
72. Take a nap	☐
73. Take a break	☐
74. Take a walk	☐
75. Take a bath	☐
76. Take a shower	☐
77. Take a nap	☐
78. Take a break	☐
79. Take a walk	☐
80. Take a bath	☐
81. Take a shower	☐
82. Take a nap	☐
83. Take a break	☐
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96. Take a shower	☐
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98. Take a break	☐
99. Take a walk	☐
100. Take a bath	☐