

Stress Relief Planner

The image displays two overlapping 'Stress Relief Planner' templates. Each template is designed for daily use and features a floral border at the top. The layout is divided into three main vertical sections: a list of stressors on the left, a list of things to do in the middle, and a section for stress relief activities on the right. The right section is further divided into three time-based boxes: Morning, Afternoon, and Evening. Each box contains a list of activities and a 'Stress Relief' label. The templates are presented in a way that shows they are identical and can be used as a guide for stress management.

Stress Relief Planner

Stressors

Things To Do

Stress Relief

Morning

Stress Relief

Afternoon

Stress Relief

Evening

Stress Relief

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Whimstical Workshop

Planner Stress Relief

Arturo Cuomo



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