

# LEARN TO MANAGE STRESS EASILY

## 30 DAYS TO REDUCE STRESS

|                                           |                                                       |                                              |                                               |                                            |
|-------------------------------------------|-------------------------------------------------------|----------------------------------------------|-----------------------------------------------|--------------------------------------------|
| 1<br>Take 5 deep breaths                  | 2<br>Go for a 10-minute walk                          | 3<br>5 minute break 3 times today            | 4<br>Write a positive note to yourself        | 5<br>Say your mantra once every hour       |
| 6<br>Schedule plans with a friend         | 7<br>3 things you are grateful for today              | 8<br>Read for enjoyment                      | 9<br>Listen to music or a podcast             | 10<br>Practice self-compassion             |
| 11<br>Hold something warm                 | 12<br>Use 3 screens today                             | 13<br>Social media break                     | 14<br>Wear something that makes you feel good | 15<br>Watch something that makes you laugh |
| 16<br>Cook a healthy meal                 | 17<br>People watch for 5 minutes                      | 18<br>Find a sound that is peaceful          | 19<br>Engage in a hobby                       | 20<br>Journal for 15 minutes               |
| 21<br>Practice saying "no" and set limits | 22<br>Sit with your feelings, breathe in, breathe out | 23<br>Jump up and down on your toes 10 times | 24<br>Punch a pillow                          | 25<br>Bedtime on time                      |
| 26<br>Do one thing at a time              | 27<br>Hold something cold                             | 28<br>Ask for help and delegate              | 29<br>Organize one area in your home          | 30<br>Exercise and move your body          |

## Stress-Free Plan

What are some signs that I'm getting overwhelmed?

What are some ways to cope with stress?

Who can I rely on for support?

What are my positive affirmations?

What are some of my favorite places that help me relax?

What hobbies and activities that help me relax?

What music helps me relax?

ETSY SHOP: WORRIED2WELLBALANCED

# Stress Relief Guide

**Anthony S. Fauci**



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