

# 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                           |        |             |

# Checklist Stress Relief

**R Barnett**



## **Checklist Stress Relief:**

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