

TOP 50 WAYS TO RELEASE STRESS

1. PAUSE. 0
2. SLOW DOWN AND BE PRESENT. 0
3. DO SIMPLE BREATH WORK. 0
4. DO A FACIAL MASK. 0
5. CALL SOMEONE YOU LOVE. 0
6. WRITE DOWN 3 THINGS YOU FEEL GRATEFUL TODAY. 0
7. DECLUTTER (GET RID OF THINGS YOU DON'T NEED). 0
8. LAUGH OUT LOUD. 0
9. PAINT YOUR NAILS. 0
10. WRITE YOURSELF A LOVE LETTER. 0
11. BURN YOUR FAVORITE SCENT CANDLE. 0
12. TALK TO SOMEONE YOU TRUST ABOUT YOUR FEELINGS. 0
13. GIVE YOURSELF THE NIGHT OFF FROM ANY SCREEN/PHONE TIME. 0
14. PUT ON YOUR FAVORITE MUSIC AND DANCE IT OUT. 0
15. KNITTING. 0
16. BUY YOURSELF SOME FLOWERS. 0
17. SUPPORT SOMEONE ELSE. 0
18. PROGRESSIVE MUSCLE RELAXATION. 0
19. WRITE A HEALTHY MEAL PLAN FOR THE WEEK. 0
20. CUDDLE WITH YOUR LOVED ONE. 0
21. WEAR YOUR FAVORITE PERFUME. 0
22. GO OUTSIDE, LIE ON YOUR BACK AND WATCH THE SKY. 0
23. FIX OR ABANDON TOXIC RELATIONSHIPS. 0
24. EXFOLIATE. 0
25. CREATE POSITIVE AFFIRMATIONS FOR YOURSELF. 0
26. GUIDED MEDITATION. 0
27. PLAY WITH YOUR PET. 0
28. PLAN A FUN WEEKEND FOR YOURSELF / WITH YOUR LOVED ONE(S). 0
29. TAKE A LONG RELAXING BUBBLE BATH. 0
30. JUMP ON THE TRAMPOLINE (OR ON YOUR BED). 0
31. GO FOR A LONG WALK OR RUN. 0
32. YELL IN THE BATHROOM. 0
33. WATCH YOUR FAVORITE MOVIE/FUNNY CLIP. 0
34. GIVE YOURSELF A PEDICURE. 0
35. READ A GOOD BOOK. 0
36. CRAFTING. 0
37. SCREAM INTO A PILLOW. 0
38. MENTALLY VISUALIZE YOUR BEST HOLIDAYS EVER. 0
39. BE EXTRA KIND TO THE PEOPLE AROUND YOU. 0
40. TRY A NEW HEALTHY CLEAN EATING RECIPE. 0
41. HAVE AN INTENSE WORKOUT SESSION. 0
42. SPEND SOME TIME IN THE SUN. 0
43. STRETCH. 0
44. TAKE A SAUNA. 0
45. LET YOURSELF CRY. 0
46. JOURNALING. 0
47. LEARN SOMETHING NEW. 0
48. GARDENING. 0
49. TAKE A NAP. 0
50. YOGA. 0