

A bright yellow sun with rays is positioned in the top right corner. Below it, a large, white, fluffy cloud shape is centered horizontally. The background is a light blue sky.

# Stress Relieving Activities

1. Use deep breathing techniques. Breathe in through your nose and out through your mouth. Ensure you breathe in deeply and your abdomen extends outward.
2. Practice Meditation techniques.
3. Use relaxation tapes or exercises.
4. Use progressive muscle relaxation: By tensing and relaxing all of the muscle groups in your body, you can relieve tension and feel better in a few minutes.
5. Listen to your favourite music.
6. Practice Yoga: Yoga can be done in a studio setting or in your own home.
7. Count slowly to 10 or say the alphabet.
8. Visualize something you would really like to do or somewhere where you would really like to go.
9. Meet a friend for coffee.
10. Go on a 20 to 30 minute walk daily.
11. Walk a dog, either your own or your neighbours.
12. Do physically exercise on a regular base.
13. Write in a journal.
14. Draw or paint a picture.
15. Read a book.
16. Visit the library.
17. Watch a movie.
18. Have a warm bath with a few tablespoons of Epsom salts.
19. Pray.
20. Clean your house.

