

30+ Ways to De-Stress in Less Than 10 Minutes!

- ▶ LISTEN TO YOUR FAVORITE TUNES
- ▶ HEAD OUTSIDE
- ▶ STRETCH
- ▶ MEDITATE
- ▶ READ FOR PLEASURE 
- ▶ WALK OR BIKE AROUND THE BLOCK
- ▶ COUNT TO 10
- ▶ DANCE
- ▶ JOURNAL
- ▶ WRITE DOWN 10 THINGS YOU'RE GRATEFUL FOR
- ▶ DOODLE OR DRAW 
- ▶ TELL SOME JOKES
- ▶ CALL A FRIEND 
- ▶ CHEW A PIECE OF GUM
- ▶ FOCUS & NOTICE YOUR PRESENT SURROUNDINGS
- ▶ DISCONNECT FROM TECH 
- ▶ LOOK AT A HAPPY PHOTO
- ▶ SQUEEZE A STRESS BALL
- ▶ WATCH A FUNNY YOUTUBE VIDEO 
- ▶ PUNCH A PILLOW
- ▶ DEEP, SLOW BREATHING
- ▶ READ AN INSPIRATIONAL QUOTE 
- ▶ SPEND TIME WITH YOUR PETS 
- ▶ PRACTICE YOGA POSES
- ▶ DO 20 JUMPING JACKS
- ▶ DO SOMETHING NICE FOR SOMEONE
- ▶ SIT IN THE SUN 
- ▶ VISUALIZE A SAFE, COMFORTING PLACE
- ▶ PICK SOME FLOWERS 
- ▶ GIVE YOURSELF A NECK MASSAGE
- ▶ TAKE A SHOWER 
- ▶ KICK A SOCCER BALL