

28

Ways to

Lower Stress

In 10 Minutes

or Less

1 Give yourself a neck massage

2 Read

15 Listen to music

3 Play a board game

16 Exercise

4 Meditate

17 Work on a hobby

5 Stretch

18 Go outside

6 Drink tea

19 Chat with a friend

7 Use aromatherapy

20 Dance

8 Breathe deep

21 Take a walk

9 Play with a pet

22 Pray

10 Take a bath

23 Write in a Journal

11 Write a letter

24 Play catch

12 Do yoga

25 Give a hug

13 Paint a picture

26 Laugh

14 Use visualization

27 Eat a snack

28 Draw