

How to Decrease Stress

Healthy Ways to Relax and Recharge

Savor a warm cup of coffee or tea

Read encouraging books

Work in your garden

Play with a pet

Go shopping

Listen to music

Watch a comedy

Have a massage or lavipeditum

Spend time in nature/Travel

Talk with friends

Go for a walk

Work out

Take a long bath

Write in your journal

Light scented candles

Eat more fruits and vegetables

