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

How to Decrease Stress

- Drink warm coffee
- Eat more fruits
- Read
- Write journal
- Exercise
- Listen to music