Stress relief activities

**Engage one or more of your senses to relieve stress**

- Read a good book
- Watch a your favourite film
- Engage your visual senses in painting or photography
- Allow yourself to day dream for 10 mins
- Use visualisation techniques
  - Evoke good memories from
    - look at memory or story board
- Sit outside and enjoy the sounds
- Listen to a favourite piece of music
- Listen to some sounds, lapping water ...
- Listen to a motivational recording
- Play a relaxation cd
- Listen to a radio programme with your eyes closed
- Sing
  - Laugh
  - Have a chat with someone who listens
  - Chew a piece of sugarless gum
  - Use deep breathing exercises
  - Eat a piece of dark chocolate
  - Use deep breathing exercises
  - Repeat affirmations out loud
- Exercise
  - Squeeze a stress ball
  - Stroke a pet - particularly cats, dogs, rabbits
  - Wear soft warm clothing.
  - Bake - enjoy the soothing, repetitive movements
- Play a musical instrument
  - Have a massage
  - Yoga or pilates

**Night and Day**

There are only 2 times when I feel stress

- Freshly brewed tea or coffeee
- Enjoy the aroma of scented candles
- Do some baking - the mixture of aromas and soothing movements
- Enjoy outdoor smells from walks in the country or near the sea ...

**Designed by B Ireland-Symonds**