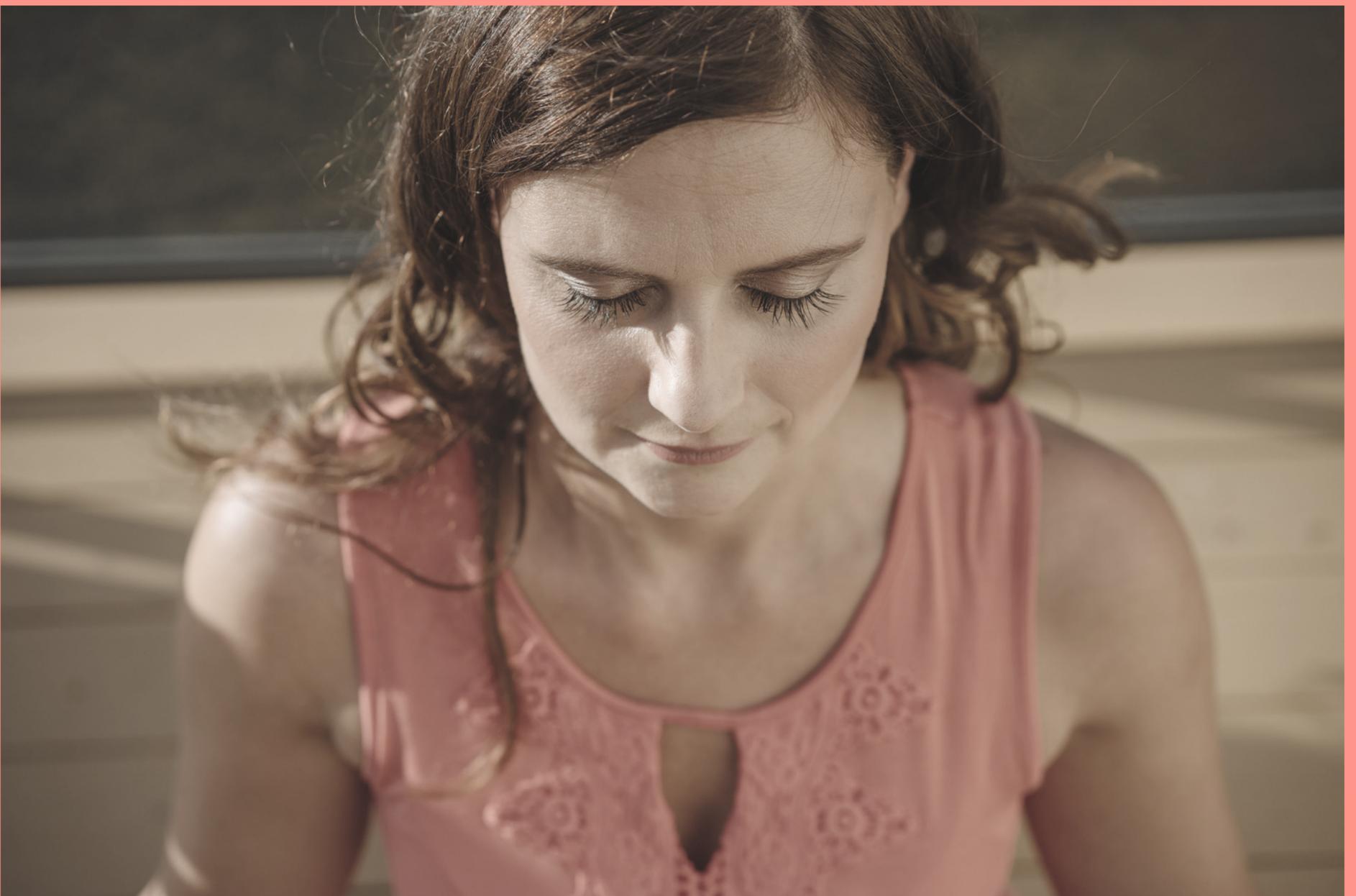


Tami's

Stress Relief Tool Box

Having a list of feel good activities and self-care tips to use is a great way to reduce your stress. Choose something to do each day that makes you feel good. The more relaxed and happier you are, the more capable you are to deal with stress.



Relax. You deserve it and it is oh-so important for your mental and physical health. You need to take care of yourself to prevent burnout and reduce the effects of stress. Here are some ideas that can help you relax and feel great.

- **Take 10 deep & very slow breaths**
- **Laugh at the situation**
- **Ask yourself "Will this matter in a month or year?"**
- **Take a walk**
- **Go to a yoga class**
- **Schedule a break for yourself in your calendar**
- **Create some art**
- **Play with a pet**
- **Write in a journal**
- **Watch a funny TV show or youtube video**
- **Work in the garden**
- **Spend time in nature**
- **Play tag with your kids**
- **Crank the tunes and dance along or sing your heart out**
- **Call a good friend**
- **Listen to a podcast or youtube talk that lifts your spirits**
- **Have a 15-20 minute nap**
- **Take a bath**
- **Go for a hike with a friend**
- **Meditate**
- **Get a massage**
- **Listen to music that speaks to your soul**
- **Eat healthy food**
- **Savour a tea or coffee**
- **Exercise**
- **Make boundaries and say no**
- **Make sure you are getting enough sleep**
- **Be in the present moment**
- **Find a therapist, counsellor or mentor**

Use this space to add some of your favorite activities that help you feel good.

*Thank you so much for taking the time to care for yourself!
You are making a difference in the world!*

with love,

Tani

For extra support, please be sure to join my Facebook group. It's called: C.Y.S. Health and Happiness Community and can be found here:

<https://www.facebook.com/groups/1091892890842827/>

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