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 a 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

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

- 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

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