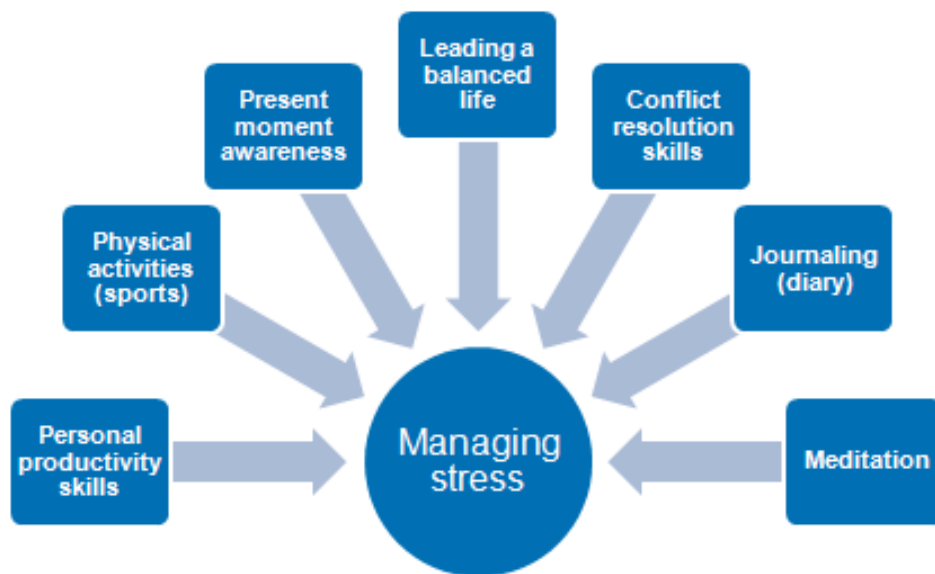


Stress worksheets pdf: Version 2



Following are some of the activities that you can do to manage your stress.

- Do deep breathing exercises.
- Imagination is also an essential relaxation technique in which you use imagery as a tool to relax your mind and alter your state.
- Start counting to 10, and give yourself some break.
- Take a warm relaxing bath to calm yourself down.
- Call a friend to chat about something else.
- Whenever you feel anxious and out of control, get yourself out of that particular situation. If there are people in a gathering, just make any excuse and give yourself some time.
- Go see a movie to relax your mind.
- Listen to music to distract your mind or to calm it down.
- Cook and eat your delicious meal.
- Do Gardening or plant
- Squeeze a ball to release your stress and anxiety.
- Talk a walk and look around you to see the nature around you.
- Engage yourself in something creative.
- Make a gratitude journal.
- Progressive Muscle Relaxation and Yoga are some of the options you can try whenever you feel that you are getting out of control.
- Exercise isn't just good for the body. It also has a powerful effect on mental well-being.