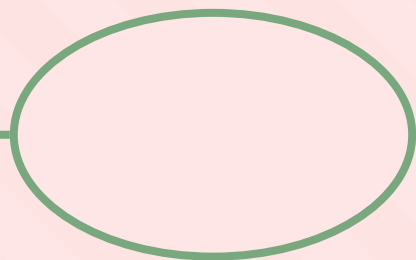


*7 Quick*  
**Stress  
Relief  
Techniques**

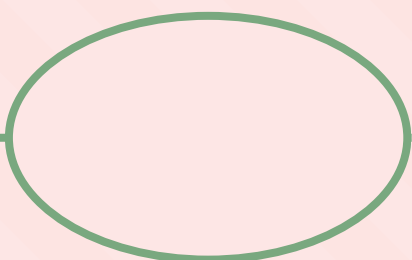


# *Deep* Breathing

Inhale slowly and deeply through your nose, hold your breath for a few seconds, then exhale slowly through your mouth. Repeat this for a few minutes.

# *Present* **Moments**

Focus on the present moment and be aware of your thoughts and feelings without judgment.



# *Do Daily* **Exercise**

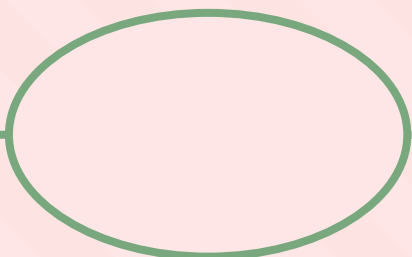
Go for a walk, run, or engage in any physical activity you enjoy to release endorphins, the "feel-good" chemicals in your brain.

# *Take* **Massage**

Give yourself a quick neck or shoulder massage or use a massage tool to release muscle tension.

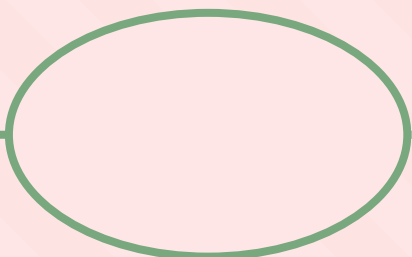
# *Always be* **Grateful**

Take a moment to focus on the things you are grateful for and write them down. This can shift your focus from stress to positivity.



# *Do Some* **Meditation**

Sit in a quiet place and  
focus on your breath,  
letting your thoughts pass  
without judgment.



# *Time in* **Nature**

Spend time outdoors in nature, taking a walk, or simply sitting and observing the natural surroundings.

