



15 Ways to Reduce Stress

1

Exercise
(Yoga, walk,
meditation)



2

Phone a friend
or family
member

3

Spend time
with your pet

4

Watch a
movie, listen
to music or
read a book

5

Journal writing
(See video on mindful
journaling: <https://youtu.be/7W1wUmI9ULw>)

6

Take a shower

7

Breathing
exercises

8

Make a list of
10 things you
are grateful for

9

Take a walk



10

Dance!



11

Ride your bike

12

Use a stress ball

13

Give yourself a
neck massage

14

Visualize a
comforting
place

15

Read an
inspirational
quote



16

BONUS:
Colour or draw!