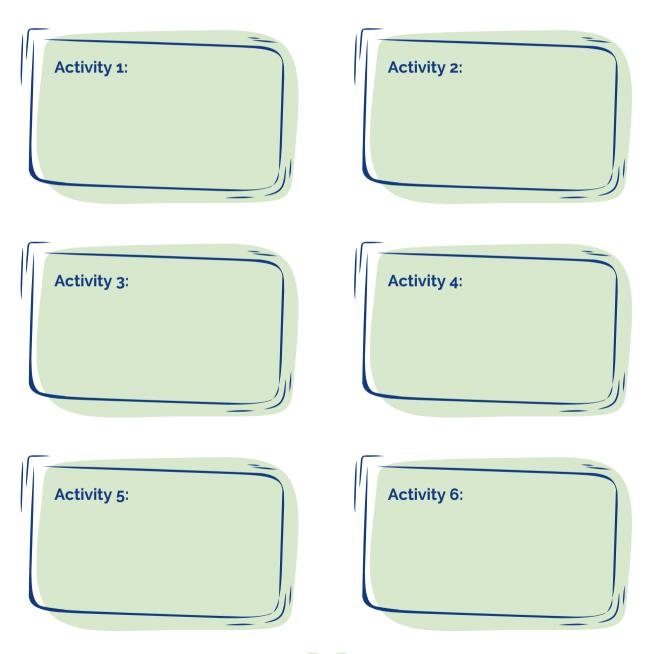


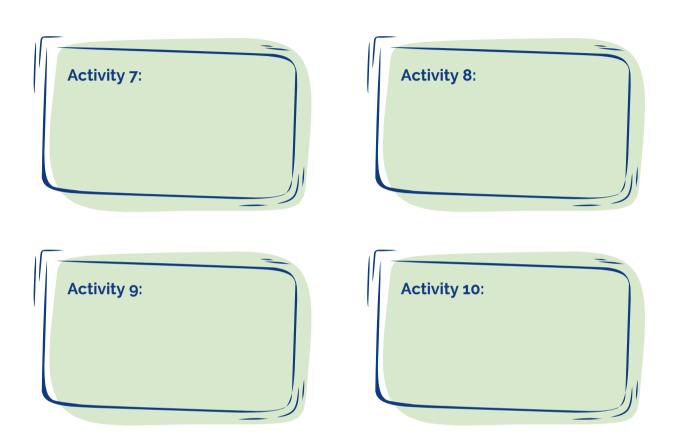
Create your Stress Relief "Playlist!"

Brainstorm 10 ways to play that help you release stress.





recovery resources create a new story



Now you've got your own personal stress-relief "Playlist!"

Takeaway: Any time you feel the need to release some pressure or stress from your life, come back to this playlist as a personal reference guide. By taking a quick break (or even a day off!) to have fun with one of these activities, you'll be taking a positive step towards lightening your mood, restoring your energy levels and getting life back into balance.

Like this exercise? <u>Sign up online</u> to get more like this delivered to your inbox!

