

Create your Stress Relief "Playlist!"

Brainstorm 10 ways to play that help you release stress.

Activity 1:

Activity 2:

Activity 3:

Activity 4:

Activity 5:

Activity 6:



Activity 7:

Activity 8:

Activity 9:

Activity 10:

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.

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