Ideas for Releasing Stress

Sometimes we feel so overwhelmed with stress that we forget that even tiny and simple activities and actions can help to calm our minds, give us energy and make us feel better. Here are some ideas for what you can do!

- Take deep breaths
- Do yoga or tai chi
- Take a walk or a jog
- Attend an interesting class
- Read a book or magazine
- Read Travel magazines
- Listen to the radio
- Watch some birds
- Read poetry
- Laugh
- Write poetry
- Dance
- Pray
- Fly a kite
- Give a hug
- Meditate
- Have a picnic
- Play cards
- Watch a favorite show or movie
- Call an old friend
- Be with children
- Send someone a note or card
- Talk with a friend
- Watch the sunrise or sunset
- Journal
- Take a Bath
- Get a bouquet of flowers.
- Get a manicure
- Do some doodling or art
- Listen to an audiobook
- Turn on some favorite music
- Try a new restaurant
- Take a nap
- Go to a new place
- Knit, crochet, or quilt
- Sing a song or play an instrument
- Get a massage
- Sit outside
- Visit a neighbor
- Read a devotional or scripture
- Go to a ball game
- Browse in a store
- Go out for ice cream
- Take photos
- Keep a gratitude list
- Play with a pet
- Build a birdhouse
- Do crossword puzzles or Soduko
- Clean the car
- Go on a hike
- Do progressive muscles relaxation
- Collect something interesting
- Watch a favorite comedian on YouTube
- Bake or cook
- Visualize something nice

Remember, it is important to set aside time in your schedule for stress relief! While it is nice to think about stress relief, the best way to ensure you will do something to relieve stress is to specifically set aside time for it.