The Wellness Committee Presents:

Stress relief is essential for maintaining better mental health, as it significantly reduces anxiety and enhances overall mood.

Regularly engaging in relaxation techniques, exercise, and mindfulness practices allows you to manage stress more effectively, fostering resilience and promoting a balanced lifestyle. This November, the Wellness Committee is providing you with 25 stress relief activities to try.

By prioritizing stress relief, you can improve your emotional stability, enhance mental clarity, and increase your capacity to cope with life's challenges. Investing time in stress-relieving activities ultimately supports a healthier, more fulfilling life and strengthens overall well-being.

- Try the stress relief activities below, write the date you completed the activity on the line within the box
- For motivation, try and get 5 in a row for a BINGO!
- To qualify for a chance to win a prize, you will need to complete 20 activities
- o Prizes include one \$150 Visa Gift Card and four \$50 Visa Gift Cards
- Submit this form to HR by December 8th

Complete this yoga session



Journal your thoughts & feelings

## Be creative. do a simple craft

draw, color, paint, sew, fold origami, build Legos, crochet, woodwork, etc

## Give someone a long hug

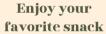


Complete this breathing exercise



Laugh

watch a funny movie or your favorite comedian





Refrain from using social media for 24 hours

Spend 30+ minutes outside



Create & listen to a playlist that makes you happy

Catch up with a friend or family member

Complete a random act of kindness

Take a long hot bath or shower

Go for a walk or a drive



Make a list of things you're grateful for

Read for at least 30 minutes



Enjoy a delicious meal

Organize a space in your home



**Audit your** social media

unfollow people & pages that bother you

Spend time with animals



Practice positive affirmations





Go to bed early



Cuddle up in a warm blanket



Complete this



Neighborhood

