



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.

What are some things you like to do to release stress? Here are some ideas!

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

Do some of these sound good? The best way to actually do them is to make specific plans about when and where you will do them! (For example, "I will take a 10-minute walk around the SECU Family House grounds on Monday and Wednesday after I get back from the hospital." Or "I will write down 10 things I'm thankful for at bedtime tonight.") Build these into your schedule... Because your well-being is important!