



Stress Management CHECKLIST

Morning Routine: Breathing Exercise

Find a comfortable seated position and close your eyes. With your arms above your head breathe deeply in through your nose. On the exhale, lower your arms while you control your breathe out. Repeat for 30 breaths.

Afternoon Routine: Express Gratitude

Place your hands on your heart and feel the beat. Breathe in and feel the blood rushing through your body, and at the same time think of 3 moments or people that you can feel deeply grateful for.

Evening Routine: Goal Setting

Focus on three important goals that you have for the next day, month, or even year. Visualize what it would look and feel like to accomplish these three goals.

