30+
WAYS TO DE-STRESS
IN LESS THAN 10 MINUTES
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- Listen to your favorite tunes
- Head outside
- Stretch
- Meditate
- Read for pleasure
- Walk, bike, skateboard around the block
- Count to 10
- Dance
- Journal
- Write down 10 things you're grateful for
- Doodle or draw
- Tell some jokes
- Call a friend
- Chew a piece of gum
- Focus & notice your present surroundings (grounding)
- Disconnect from tech
- Look at a happy photo
- Squeeze a stress ball
- Watch a funny YouTube video
- Punch a pillow
- Deep, slow breathing
- Read an inspirational quote
- Spend time with your pets
- Practice yoga poses
- Do 20 jumping jacks
- Do something nice for someone
- Sit in the sun
- Visualize a safe, comforting place
- Pick some flowers
- Give yourself a neck massage
- Take a shower
- Kick a soccer ball