

24 free ways to de-stress

1. Nap
2. Draw
3. Read
4. Walk
5. Yoga
6. Music
7. Dance
8. Breathe
9. Hot bath
10. Fresh air
11. Star gaze
12. Gratitude
13. Gardening
14. Count to 10
15. Healthy hugs
16. Pet an animal
17. Giving/sharing
18. Playing with kids
19. Personal quiet time
20. Eat a balanced meal
21. Write it out, then tear it up
22. Sleep for 8+ uninterrupted hours
23. Take a break, change the scenery
24. Smell something wonderful, e.g. mint

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