

Take a Break from Stress

Take one day and dedicate it to relaxation. Meditate. Go for a hike. Take a nap in the afternoon. Read. Relax in a comfortable chair and listen to your favorite music.

Dedicate the entire day to just relaxing and taking a break from the stress in your life.

At the end of the day, write your thoughts and feelings below. Can you do just one thing each day to take a break from your daily stress?


