

STRESS RELIEF TIP SHEET: QUICK STRATEGIES FOR GRANDPARENTS RAISING GRANDCHILDREN

Brought to you by the *Joyfully Raising Grands Podcast* and

Laura Leigh, Author of *The JoyFilled Journal*

Stress Relief Tip Sheet: Quick Strategies for Grandparents Raising Grandchildren

Brought to you by the *Joyfully Raising Grands Podcast* and Laura Leigh, Author of *The JoyFilled Journal*

10 Easy Stress Busters (in 10 Minutes or Less)

1. 4-7-8 Breathing: Inhale for 4 counts, hold for 7, exhale for 8.
 2. Step outside for fresh air and a few deep breaths.
 3. Stretch: Reach high, touch your toes, roll your shoulders.
 4. Listen to a favorite song.
 5. Sip a cup of tea or water in a quiet spot.
 6. Brain Dump: Write down every task on your mind.
 7. Laugh: Watch a short funny video.
 8. Read a page from an inspiring book.
 9. Light a candle with a scent you love.
 10. Do a quick tidy-up of one small area.
-

5 Boundary-Setting Phrases

1. "Thank you for thinking of me, but I need to pass."
 2. "I'm focusing on my family right now."
 3. "I'm not able to commit to that at this time."
 4. "Let me check my schedule and get back to you."
 5. "I have to prioritize rest and home life."
-

Daily Self-Care Checklist (Make your own that works for you)

- -
 -
 -
 -
 -
-

2-Minute Reset Exercise

- Sit comfortably.
- Close your eyes.
- Breathe in deeply.
- Unclench your jaw.
- Drop your shoulders.
- Relax your hands.
- Repeat the word "peace" or "breathe."

Repeat twice.

Top 5 Music Playlist Ideas for a Mood Boost

1. "Here Comes the Sun" – The Beatles
 2. "Count on Me" – Bruno Mars
 3. "Lovely Day" – Bill Withers
 4. "Walking on Sunshine" – Katrina and the Waves
 5. "Stronger" – Kelly Clarkson
-

Quick Gratitude Prompts

- One thing that made you smile today.
 - One small win you're proud of.
 - One person you're thankful for.
 - One moment of peace you experienced.
 - One thing you're looking forward to tomorrow.
-

Find More Joy Every Day

Discover [*The JoyFilled Journal*](#) by Laura Leigh — your companion for daily reflection, gratitude, and goal setting. Created just for grandparents raising grandchildren.

Visit: myjoyfilled.com

Visit: lauraleighllc.com

You've got this. And you're not alone.