

10 ways to

relieve stress

- Stretch or do yoga
- Drink lots of water!
- Diffuse essential oils
- Start a journal
- Cook a new recipe
- Write down 10 things you are grateful for in a notebook
- Crosstitch something beautiful
- Read something inspirational
- Savor a cup of hot tea
- Buy something that makes you laugh

The Helicopter Daughter
www.thehelicopterdaughter.com