



HEALTH AND WELLBEING CHECKLIST

Date

12

Daily De-Stress Practices

Reducing stress daily improves mental health, focus, and overall well-being. Use this checklist to incorporate calming activities into your routine.

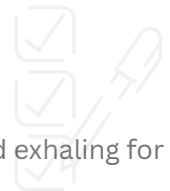
Start Your Day Calmly

- Avoid rushing in the morning; wake up 10-minutes earlier for a peaceful start.
- Tip: Use this extra time for a brief meditation or to enjoy your coffee mindfully.



Practice Deep Breathing

- Spend 2-5 minutes focusing on slow, deep breaths to calm your nervous system.
- Example: Try the 4-7-8 breathing technique by inhaling for 4 seconds, holding for 7, and exhaling for 8.



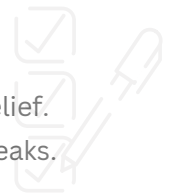
Take Mini Breaks

- Pause for a few moments throughout the day to stretch, breathe, or refocus your mind.
- Tip: Set a timer every hour as a reminder to stand up and move around.



Use Guided Relaxation Apps

- Explore mindfulness or relaxation apps like Calm or Headspace for structured stress relief.
- Tip: Try guided meditations or progressive muscle relaxation exercises during lunch breaks.



Engage in Physical Activity

- Release tension with exercise, yoga, or a brisk walk to boost endorphins.
- Tip: Schedule a short workout or walk during your most stressful times of the day.



Connect with Nature

- Spend 10-minutes outdoors daily to clear your mind and improve your mood.
- Tip: Walk in a park or sit by a window with natural light if going outside isn't possible.





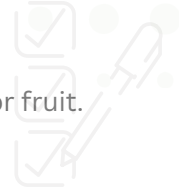
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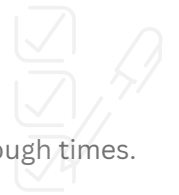
Limit Caffeine and Sugar

- Replace caffeine and sugary snacks with herbal teas or nutrient-rich options like nuts or fruit.
- Tip: Drink chamomile or peppermint tea for a calming, caffeine-free alternative.



Practice Gratitude

- Write down or reflect on three things you're thankful for to foster positivity.
- Tip: Use a journal or an app to track daily gratitude moments and revisit them during tough times.



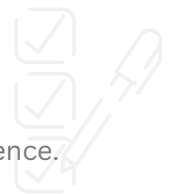
Set Healthy Boundaries

- Learn to say no to reduce overcommitment and stress, preserving your energy.
- Tip: Prioritise your tasks and delegate when possible, to avoid feeling overwhelmed.



Wind Down with Relaxation Techniques

- End your day with a calming activity like Journalling, reading, or light stretching.
- Tip: Pair relaxation techniques with aromatherapy or soft music to enhance the experience.



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