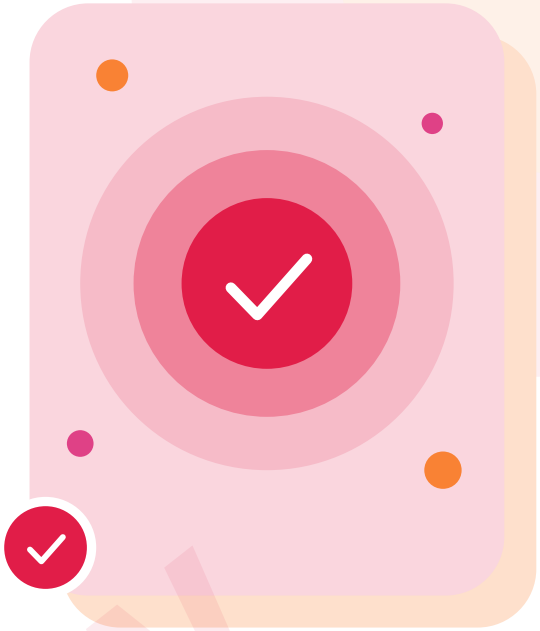
CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

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.



10 steps · Print-ready A4

NAME _____ START _____ TARGET DATE _____

1 Start Your Day Calmly

Avoid rushing in the morning; wake up 10-15 minutes earlier for a peaceful start.

TIP *Use this extra time for a brief meditation or to enjoy your coffee mindfully.*

2 Practice Deep Breathing

Spend 2-5 minutes focusing on slow, deep breaths to calm your nervous system.

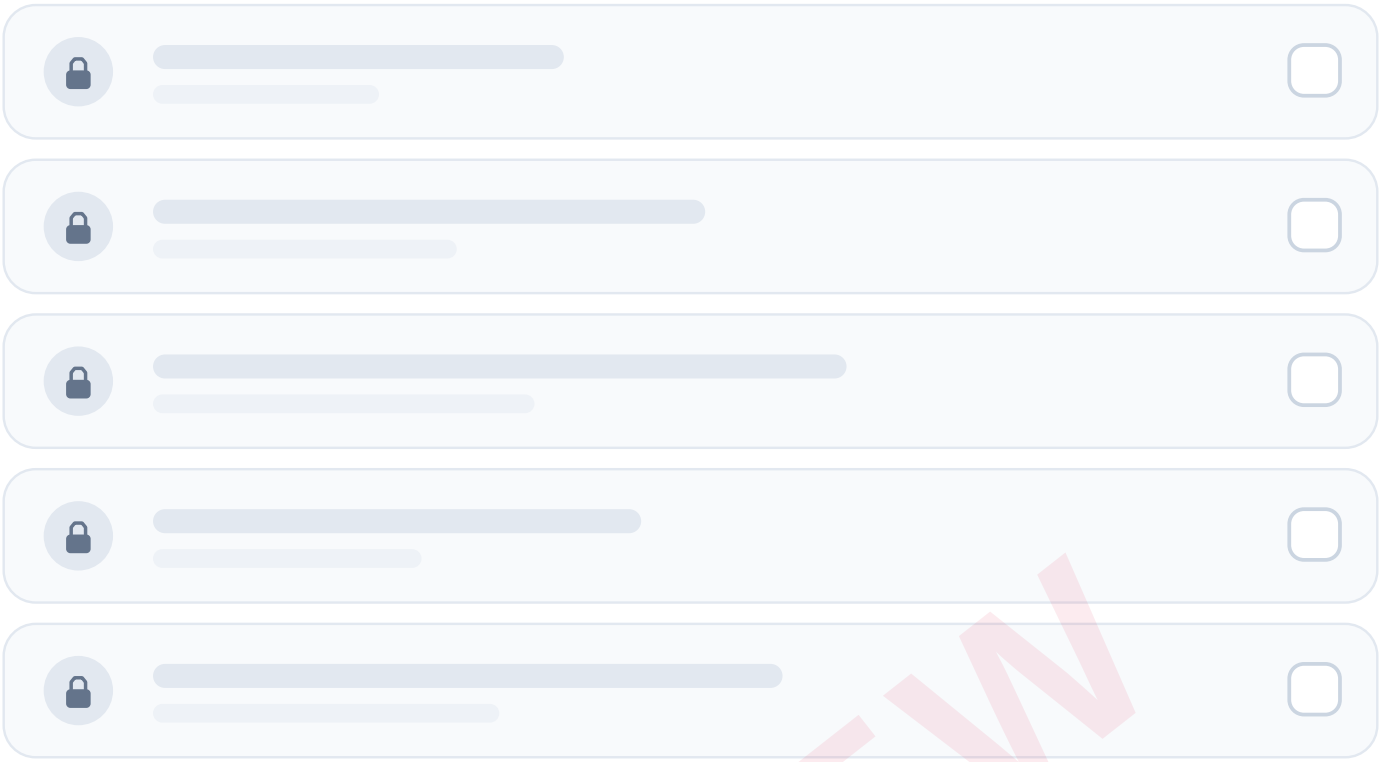
EXAMPLE *Try the 4-7-8 breathing technique by inhaling for 4 seconds, holding for 7, and exhaling for 8.*

3 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.*

PREVIEW



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PREVIEW