

Freedom From Lockdown Stress CHALLENGE

Day 3 Takeaway's

Ways To Prevent Pile Up's



STRESS AWAY
LAUNDRY SOAP

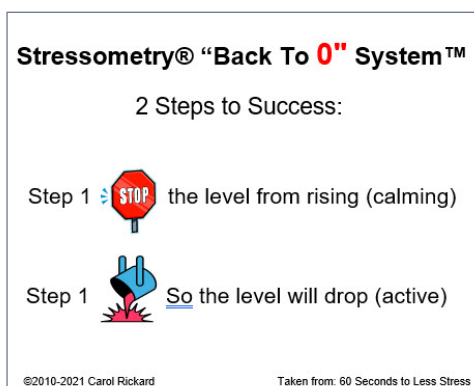


Guaranteed to lighten any day!

Directions:
* Use at least one time daily.
* Separate in to piles if too large for one load.
* May need to do multiple loads!


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Ways To Stop Overflows & Explosions - Implosions



Stressometry® "Back To 0" System™

2 Steps to Success:

Step 1 :  the level from rising (calming)

Step 1 :  So the level will drop (active)

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Secret Weapons



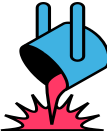
Stressometry's® "Back To 0" System™



Stressometry® "Back To 0" System™

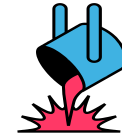
2 Steps to Success:

Step 1  the level from rising (calming)

Step 1  So the level will drop (active)



Read
Count to 10
Take a Time Out
Listen to Music
Breathing
Prayer
Serenity Prayer
Guided Imagery
Meditate
Shower or Bath
Aromatherapy
+ Self Talk



Walk
Talk
Write / Dump
Sing / Dance
Clean
Exercise
Coloring
Punching Bag
Hobbies
Laughter
Gardening
Ho, Ho, Ha, Ha

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Taken from: 60 Seconds to Less Stress

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INSTRUCTIONS:

1. Cut along dotted line
2. Fold in middle
3. Option: Leave open & put on fridge

** Make extra copies & post as reminders where needed!

Stressometry's® StressAway Method™

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1. Cut along dotted line
2. Fold in middle
3. Option: Leave open & put on fridge

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CUT ALONG DOTTED LINE



STRESS AWAY

LAUNDRY SOAP



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A collection of stress-management activities listed in ovals:

- Cook
- Bake
- Draw
- Hot bath or shower
- Clean
- Play a game
- Do Laundry
- Use Serenity Prayer
- Go to a park
- Meditate
- Spend time alone
- Go to a Park
- Say "no"
- Volunteer
- Exercise
- Read
- Chop Wood
- Organize: make schedule or a "to do" list
- Zoo
- Plan a trip
- Hobbies
- Spend time with a pet
- Visit someone
- Movies
- Shopping Mall
- Call friend
- Water plants
- Do your hair
- Puzzles: Jigsaw or Word
- Gardening
- Ask for help
- Write a letter
- Go for a drive
- Listen to music
- Take a walk
- Crafts
- Support group
- Constructive Destruction!
- Guided Imagery
- Library
- Punch a pillow
- Sports: play or watch
- Treat yourself
- Breathing
- Sing along with music
- Picnic
- Work on the car
- Play cards
- Paint: Walls Pictures
- Go out to dinner
- Write or Journal
- Try something new!
- Wash the car
- Play Loungeball
- Have a manicure
- Flea Market

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