



GOLDEN HEART
WELLNESS & NUTRITION

Ways to De-stress In Less Than 10 Min

- LISTEN TO YOUR FAVORITE MUSIC
- GO OUTSIDE
- STRETCH
- MEDITATE
- READ FOR PLEASURE
- WALK, BIKE, SKATEBOARD
- COUNT TO 10
- DANCE
- JOURNAL

- PRACTICE YOGA POSES
- DO 20 JUMPING JACKS
- DO SOMETHING NICE FOR SOMEONE
- SIT IN THE SUN
- VISUALIZE A SAFE COMFORTING PLACE
- PICK SOME FLOWERS
- TAKE A SHOWER

“Within you, there is a stillness and a sanctuary to which you can retreat at any time and be yourself.”
—Hermann Hesse

“Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.”
—Thích Nhất Hạnh

- DISCONNECT FROM TECH/ SOCIAL MEDIA
- LOOK AT A HAPPY PHOTO
- SQUEEZE A STRESS BALL
- WATCH A FUNNY YOUTUBE VIDEO
- PUNCH A PILLOW
- TAKE DEEP, SLOW BREATHS
- READ A INSPIRATIONAL QUOTE
- SPEND TIME WITH YOUR PETS

- WRITE DOWN 10 THINGS YOU'RE GRATEFUL FOR
- DOODLE OR DRAW
- TELL SOME JOKES
- CALL A FRIEND
- CHEW A PEICE OF GUM
- FOCUS & NOTICE YOUR PRESENT SURROUNDINGS
- TRY GROUNDING TECHNIQUE