

MY MANTRAS FOR DE-STRESSING





1

**MAINTAINING A
HEALTHY AND
BALANCED DIET**



2

**ADD SOME EXERCISE
OR PHYSICAL
ACTIVITY TO YOUR
DAY**

LIFESTYLE



3

**WORK-LIFE
BALANCE**



4

**MINIMIZE
SCREEN TIME &
INCREASE
FAMILY TIME**

5

JOURNAL

6

**YOGA AND
MEDITATION**

**HOBBIES TO
UNWIND**

7

READING

8

MUSIC



9

**AVOID SMOKING
AND REDUCE
ALCOHOL**



10

**GO ON
STAYCATIONS
& OUTINGS**

LEISURE



11

**SAY NO TO
PROCRASTINATION**



12

**MAINTAIN A
PROPER SLEEP
SCHEDULE**



13

**EMBRACE
THE OUTDOORS**

14

**PRACTICE
KINDNESS AND
GRATITUDE**



15

**REDUCE YOUR
CAFFEINE
INTAKE**

