

A LITTLE LESS *Stress* BINGO

25 TINY WAYS TO MAKE A HEAVY DAY FEEL A LITTLE LIGHTER

Brain dump for 5 mins	Put your phone down for 10 mins	Step outside	Drink a glass of water	Close one mental tab
Write down what's actually urgent	Take 5 slow breaths	Play a song you love	Do one thing you've been putting off	Sit somewhere quiet
Write one thing you can let wait	Stretch for 5 mins	FREE SPACE Do absolutely nothing	Make your favorite drink	Write one good thing about today
Clear one small surface	Take a shower	Write one page without editing	Put on something comfortable	Say no to one unnecessary thing
Write tomorrow's worry down for tomorrow	Take a short walk	Silence your notifications	Write yourself one kind sentence	Go to bed 30 mins earlier

BE GENTLE WITH YOURSELF

