

108 Unique Stress Relievers

Breathwork + Meditation

1. SKY Breath Meditation (Sudarshan Kriya)
2. Alternate nostril breathing (Nadi Shodhana)
3. Bee breath (Bhramari)
4. Ocean breath (Ujjayi)
5. Sahaj Samadhi Meditation
6. Yoga Nidra (yogic sleep)
7. Guided body scan
8. Bellows breath (Bhastrika)
9. 4-7-8 breathing technique
10. Box breathing (4-4-4-4)
11. Candle-gazing
12. Chanting/singing mantras
13. Japa meditation with a mala
14. Loving kindness meditation
15. Walking meditation with a labyrinth
16. Silent meditation
17. Sound bath meditation
18. Gratitude meditation
19. Morning intention-setting meditation
20. Three-stage breathing
21. 7/11 breathing
22. Light some incense

Movement & Body-Based Techniques

23. Restorative Yoga
24. Yin Yoga
25. Surya Namaskar (Sun Salutations)
26. Tai Chi flow
27. Qigong routines
28. Gentle stretching

29. Progressive muscle relaxation
30. Slow nature walk
31. Cycling
32. Light jogging
33. Dancing
34. Swimming
35. Pilates
36. Strength training
37. Rebounding
38. Hatha Yoga
39. Foam rolling
40. Gentle evening stretching
41. Chair Yoga
42. Mindful movement sequence
43. Cold plunge
44. Massage

Nature & Grounding Practices

45. Forest bathing
46. Walking barefoot on grass or sand
47. Watching a sunset
48. Stargazing
49. Listening to birds
50. Gardening
51. Sitting near water
52. Lying in the grass
53. Caring for indoor plants
54. Watching clouds
55. Hiking
56. Collecting natural objects
57. Time with animals
58. Morning sunlight exposure
59. Observing wildlife
60. Grounding with a tree
61. Nature soundscapes

Mind-Body Lifestyle Practices

62. Drinking warm herbal tea
63. Taking a warm bath
64. Aromatherapy
65. Sleeping 7–9 hours
66. Maintaining a consistent sleep schedule
67. Taking a midday rest break
68. Eating whole, nourishing foods
69. Staying hydrated
70. Reducing caffeine
71. Digital detox
72. Turning off screens before bed
73. Decluttering and organizing a small area
74. Creating ambient lighting
75. Listening to calming music
76. Wearing comfortable clothing
77. Doing Random Acts of Kindness
78. Practicing good posture
79. Creating a soothing bedtime ritual
80. Adjusting room temperature
81. Using a weighted blanket
82. Drinking hot lemon water

Creativity + Expression

83. Coloring
84. Watercolor painting
85. Playing an instrument
86. Singing
87. Journaling
88. Freewriting
89. Doodling
90. DIY crafts
91. Scrapbooking

92. Photography walk
93. Cooking a new recipe
94. Baking
95. Making a vision board
96. Writing poetry
97. Floral arranging
98. Creating a collage
99. Making a personal playlist
100. Making handmade cards

Cognitive & Psychological Tools

101. Cognitive reframing
102. Making a simple to-do list
103. Breaking tasks into micro-steps
104. Time-blocking
105. Practicing self-compassion reminders
106. Guided visualization
107. Reducing multitasking
108. Practicing the mindful pause (“Stop. Breathe. Notice.”)