

Stress Buster

WORKSHEET for busy mums

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	ACTIVITY LIST	
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- Move your body
- Visit a friend
- Act of kindness
- Get into nature

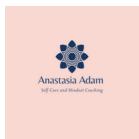
Eat healthy

- Off screens
- Meditate
- Listen to music
- Dance

WHAT IS STRESSING YOU O	UT	'?
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WHAT CAN YOU CHANGE?

	th this exercise to a 'what if' situatior				=
BRAIN DUMP:		_		_	l the taps open and can help switch off.
3 MUST DO'S TODAY	-	•	_	day. What woul ider yourself w	•
GRATEFUL FOR?	When we are	feeling grat	eful our bod	y releases thos	e happy hormones.



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MEET UP WITH OTHER MUMS

RELAXING GREEN EXERCISE

Hanging out with mums is good for your stress relief. Woman's friendship circles have always been important.

Green light exercise can help to reduce stress and give you good feelings. Write a list here of people you would like to catch up with and exercises you would like to do.

ndulge in a bit of beauty:	once a month to fit one in. Could	ke to get done? Write a list and take tim even be in a lunch break or when work nin appointment can reduce stress.
Excape in a book.	Write out 3 book	s you would like to read.
Book a night out.	Book in 2 nights out. \	Who would you like to go with?