

# Stress Busting Hacks in 5 Minutes or Less



Do A Breathing Exercise

Run Up & Down The Stairs

Write 3 Things You Are Grateful For

Repeat a calming affirmation such as, "This too will pass" or "Everything is going to be ok"



Listen To Your Favourite Song, sing and dance if you can

Make a hot drink and drink it in a quiet and mindful way

Do something nice for someone else - offer them a complement or a cup of tea.



Go for a walk

Watch something funny

Talk to someone

Take some time to plan out your week making sure to include time for activities that are good for your physical and mental health.