

# A DAILY STRESS MANAGEMENT PLAN



Rachael Kable

**Hello and welcome to this Daily Stress Management Plan.**

*I've created this stress management plan to help you implement effective stress management strategies consistently.*

*If you haven't already listened to episode 262 of The Mindful Kind podcast, be sure to tune in so you can learn more about this Daily Stress Management Plan and how the activities in this plan can help reduce stress.*

*Here's how it works:*

**Each day, your goal is to complete one morning activity, one midday activity, and one evening activity.** *The activities should take only ten minutes or less (but feel free to practice them for longer if you have time!).*

*You'll also find two different options for the morning, midday, and evening activities, so you can try a few different things and see what works best for you.*

*On page 2, you'll find the Daily Stress Management Plan, including the daily activities and helpful instructions. On page 3, you'll also find **BONUS activities!** These activities don't need to be completed every day – you can simply incorporate them into your week whenever you have time to help reduce stress even more.*

*I hope you love using this Daily Stress Management Plan! Please feel free to share it on Facebook and Instagram so other people can be inspired to manage their stress, too.*

**[FACEBOOK.COM/RACHAELKABLE](https://www.facebook.com/rachaelkable)    [INSTAGRAM.COM/RACHAELKABLE](https://www.instagram.com/rachaelkable)**

*And don't forget to tag me so I can see your photo and cheer you on :)*

*Wishing you all the best with the Daily Stress Management Plan! I hope you enjoy it and have fun implementing the different strategies.*

**With love, Rach xx**

# A DAILY STRESS MANAGEMENT PLAN

## MORNING ACTIVITIES

1

### TAKE FIVE DEEP BREATHS

*With each exhale, focus on relaxing your body a little more. Take your time and focus on your breath.*

OR

2

### FIND A RELAXING SONG

*Choose one of your favourite relaxing songs to listen to - research has found it can help manage stress.*

## MIDDAY ACTIVITIES

1

### EAT A MINDFUL LUNCH

*Switch off your phone and pay attention to the flavours, textures, aromas, and temperatures of your food.*

OR

2

### SMILE!

*Watch a funny video. Spend a few minutes with someone who makes you feel good. Remember a happy moment.*

## EVENING ACTIVITIES

1

### PRACTICE GRATITUDE

*Write down three things you're thankful for (or think about them if you don't have time to write them down!).*

OR

2

### DO A BODY SCAN

*Non-judgementally scan your attention through your body from your toes to the top of your head.*

( Listen to episode 150 of *The Mindful Kind* podcast for more guidance through a body scan. )

**Don't forget to check out the BONUS activities on the next page!**

# STRESS MANAGEMENT ACTIVITIES

## ACTIVITY ONE : Go for a 20-minute walk

*You can go for a walk around your block, go to a park or garden and complete your walk there, organise to go for a walk with a friend, or if you have a lunch break at work, go for a walk outside. Not only does walking help relieve stress, it can also protect your physical health, boost your mood, help keep your memory sharp, and improve your sleep at night. Most of the research recommends 20 minutes of walking each day, but if you're busy, aim for at least three times per week.*

## ACTIVITY TWO : Reduce your caffeine intake

*Caffeine is a stimulant, and it can increase stress - especially if you're consuming too much of it. Try to limit your cups of coffee to no more than three per day and avoid caffeine after 2pm. Keep in mind that caffeine isn't just found in coffee. It can also be found in many energy drinks, green tea, soft drinks, and chocolate. Recently I've cut down on coffee, so I'm only drinking a cup every few days. Instead, I drink tea and turmeric lattes or water, so I still get to enjoy a break and a mindful drink without consuming too much caffeine. I've noticed that my energy feels more level, and my stress feels more manageable. So, this activity might make a meaningful difference for you, too.*

## ACTIVITY THREE : Practice yoga

*I've personally been using the Down Dog yoga app lately because I can choose how long I want to practice for and the type of yoga, like yin, restorative, or hatha, and the app customises the class to what I want. But there are many yoga apps and free Youtube videos and classes in studios that you could attend. Yoga can help you breathe deeper and alleviate stress, and it's also a great way to stretch your body and improve your flexibility. I recommend aiming for three 20-minute classes per week.*

## ACTIVITY FOUR : Spend less time on digital devices

*Try and spend less time on digital devices - especially try to limit time on social media. There are a few different ways you can do this. Select a day per week to be a social media-free day. Avoid using devices for certain hours of the day, like between waking up and lunchtime. Put your phone in another room for a few hours to stop yourself from checking it. Turn off your notifications. Experiment with this activity to find what works best for you.*