

DAILY STRESS REDUCTION PLAN



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HAPPINESS

journaling

By capturing and reflecting on moments of joy and gratitude, individuals can counteract the negative effects of stress

Write down at least three specific things you're thankful for each day, reflecting on the emotions associated with each gratitude entry

1

2

3





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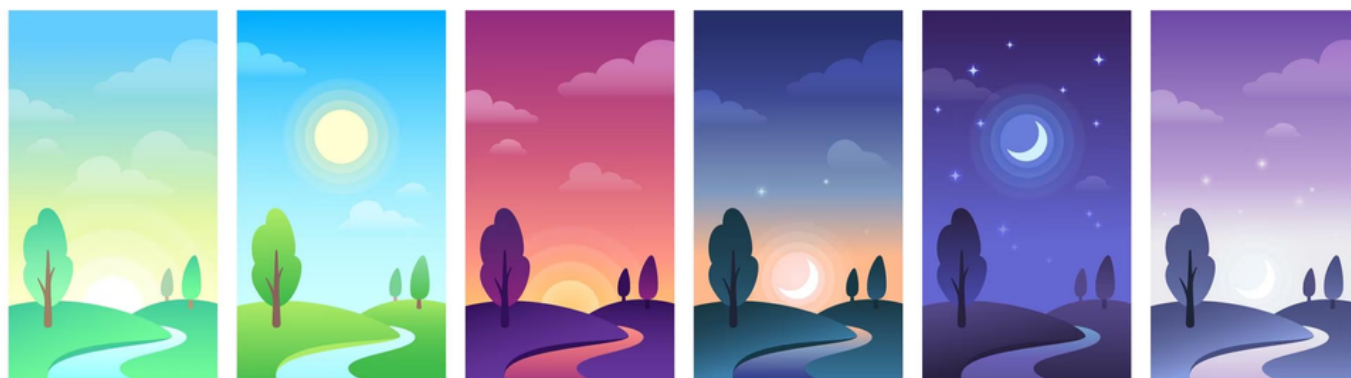
WELLNESS

to-do lists

Daily self-care checklists are essential tools in mental health care, providing a structured and consistent approach to overall well-being. These checklists empower individuals to prioritize self-care practices that can mitigate the impact of stress, improve emotional regulation, and contribute to a more balanced life.

Begin your day by selecting at least three self-care activities from the morning checklist to nurture your well-being

- Wake Up Mindfully
- Stretch & Exercise
- Nutritious Breakfast
- Mindfulness Practice
- Mindfulness Practices
- Plan Your Day
- Positive Affirmations
- Morning Skincare



Wind down your evening by choosing a minimum of three self-care activities from the night checklist to promote relaxation and restful sleep

- Screen-Free Wind Down
- Relaxation Time
- Hygiene Routine
- Gratitude Journal
- Prepare for Tomorrow
- Mindful Breathing
- Warm Bath
- Light Reading





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SOCIAL safety nets

Social support is essential for good mental health because it serves as a vital buffer against stress and adversity. It provides individuals with emotional validation, reducing feelings of isolation and loneliness.

In this activity, you will articulate a deliberate strategy for seeking social support as an integral part of your daily stress coping plan. You will identify the key individuals in your support network and specify the ways you will engage with them regularly.

Identify Supportive People

List the names of friends, family members, or colleagues who you can turn to for support during stressful times

Communication Plan

Describe how you plan to communicate with your supportive network.
Will you call, text, or meet in person?

Support Request Strategy

Outline how you will ask for support. What will you say?
When and how will you initiate the conversation?

Expressing Gratitude

Write down a note on how you'll express gratitude to those who support you, as appreciation strengthens relationships.

