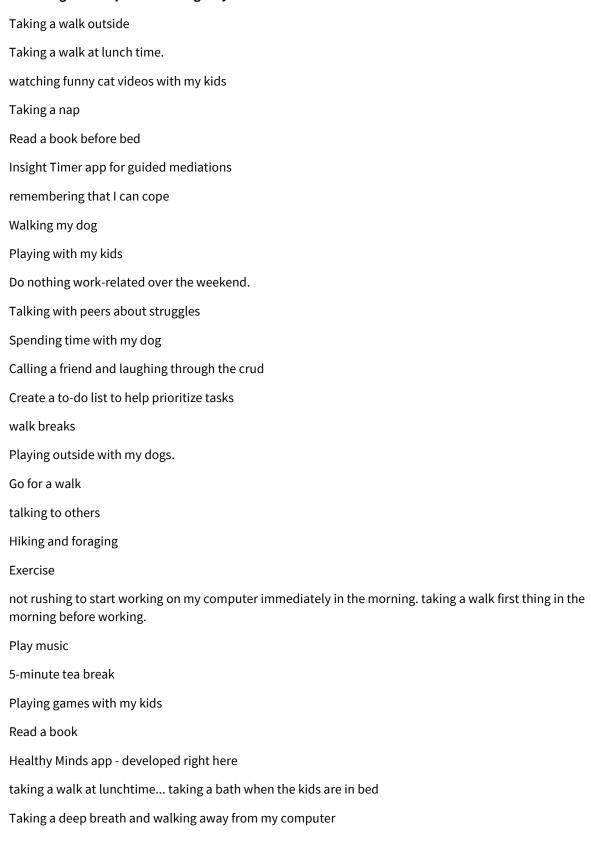
One thing that helped me manage my stress this week was...



watching movies petting my bunnies Watch the birds at the feeder Select a realistic number of items from my longer to-do list for my today to-do list Cooking taking a break - walking, meditation I started a journal/diary related to work that I write at the end of my work day and then I TURN OFF MY **COMPUTER BYEEEE** Therapy Practicing mindfulness and meditation Bike rides Reading my book Kristin Neff's guided meditation: https://self-compassion.org/guided-self-compassion-meditations-mp3-2/ Meeting with a friend for coffee Taking a break from the screen Being present with husband, dog, friends, etc. when not working Spending time with family Getting outside, finding ways to be mindful, and doing something I love taking one thing at a time celebrate my students' achievements Taking an exercise class Plan camping trip to look forward to Cleaning break Reading a book https://self-compassion.org/guided-self-compassion-meditations-mp3-2/ play the piano Spending a few minutes drawing Spending time in the sun outside Readjusting my todo list to remove items for today when urgent items come in (not adding)

use all your vacation hours - and actually unplug

forest bathing

Hiking