My Stress Relievers



- [ ] do Tai Chi
- [ ] take a walk
- [ ] exercise
- [ ] meditation
- [ ] caffeine free tea
- [ ] make a list
- [ ] play music
- [ ] stretch
- [ ] get a massage
- [ ] play with a pet
- [ ] vent to a friend
- [ ] take a hot shower
- [ ] watch a mindless comedy
- [ ] clean
- [ ] yoga
- [ ] play a game
- [ ] hang from a pull up bar

Created By Marvin Russell - https://marvlus.ai