

25 egg-cellent ways to crack stress

DANCE

LISTEN TO
SOOTHING
MUSIC

JOIN
IN
EXERCISE

STRETCH

SING ALONG
TO YOUR
FAVORITE
SONG

ENJOY A
CUP OF
COFFEE

MINDFULLY
ENJOY A
SNACK

TAKE
A DEEP
BREATHE

READ A
BOOK

ENGAGE
IN A
HOBBY

RELAX
YOUR FACE
MUSCLES

PRACTICE
YOUR
SMILE

TURN
OFF
THE TV

ROCK IN
A ROCKING
CHAIR

DO A
PUZZLE

TALK TO
A FRIEND

PLAY A
GAME OF
'I SPY'

PLAY A
GAME

RELAX

WATCH
BIRDS (OR
SQUIRRELS)

LAUGH

TAKE A
QUICK
WALK

TAKE A
DEEP
BREATH

EXPRESS
GRATITUDE

SMELL SOME
FLOWERS

WRITE IT
DOWN &
LET IT GO

APRIL