

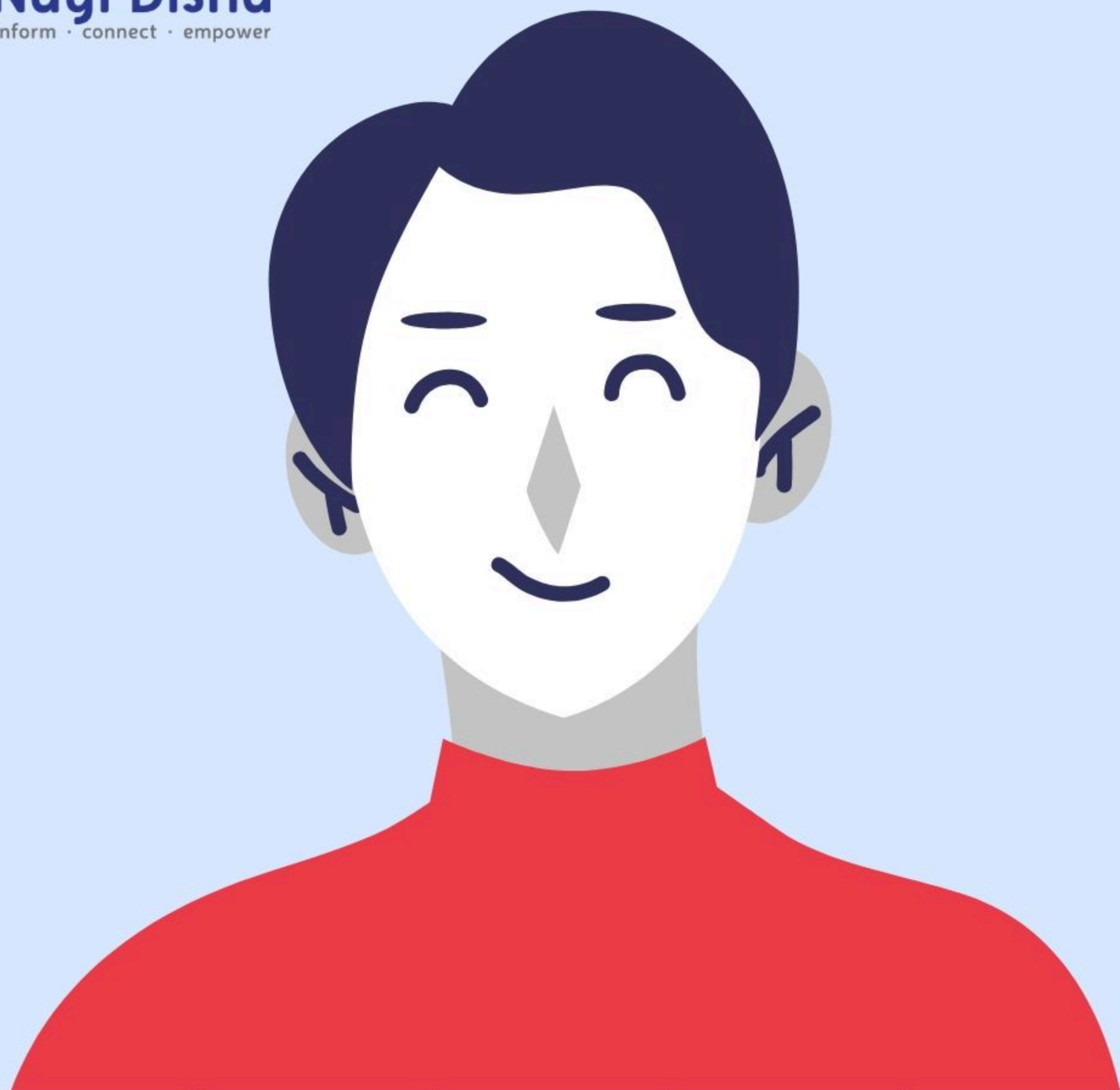


Here's 10
activities to help
you carve out some
'me' time & reduce
everyday stress

RELAX

REVIVE

REJOICE



**Start the day
with 10 minutes
of physical
workout.**

**It can be through
dancing,
exercises, yoga or
just walking from one
room to another.**

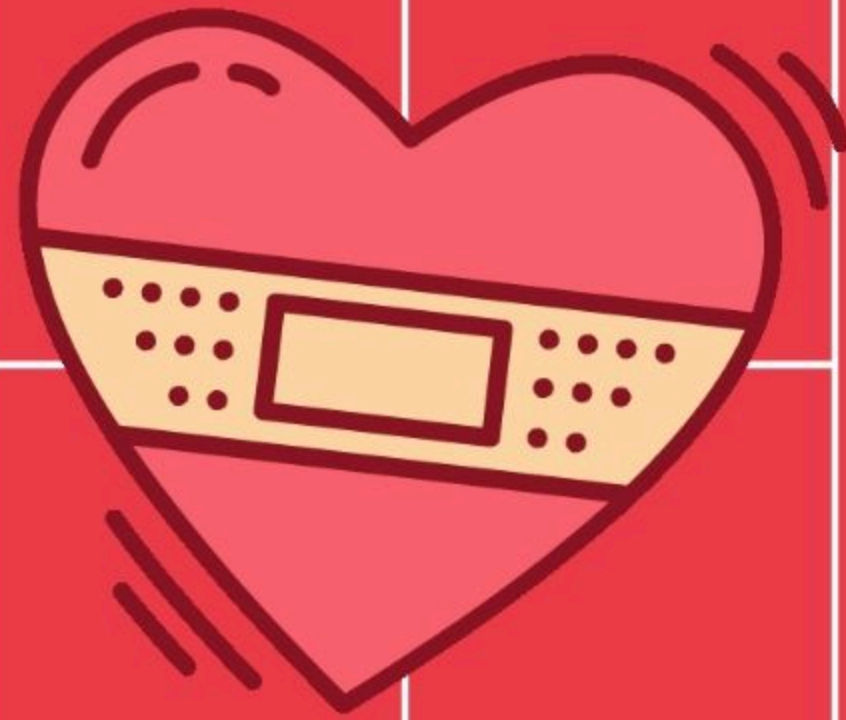


Journaling your way through life



It's challenging & can be
disheartening
at times.

Write down your thoughts &
feelings in a book.





What a view!

Take a minute off your day
to look outside or look
around you at your near
and dear.

It always remind you of the
beautiful small moments
worth cherishing.





**"Hum saath saath
hain"**

**Catch up with your
family.**

**Share memories & a few
laughs together.**

LOL

You and I against the world



●

THINGS TO DO WITH FAMILY

movie marathons
games
yoga

reading
video games
napping

Hobbies & I

Have one hour for yourself where you can relax & enjoy what you are doing.



New week, new something.

Every month try something new.

Whether it is a new recipe,
new hairstyle or
turning your chair a bit to the left.

**TRY SOMETHING NEW
WHENVER YOU CAN**



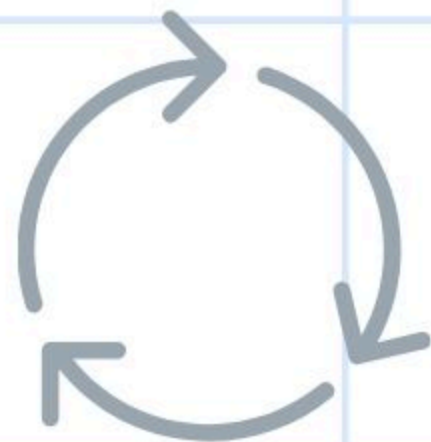
Stay
Positive!



Be Dr Optimistic

Before going to
sleep, list the good
things about your
life.

BREATHE IN



BREATHE OUT



Just breathe



**Set aside 10
minutes to do breathing
exercises in the morning
and night.**

**It helps to relax
your mind.**

Cause, laughing is the best exercise

10

live
laugh
love

Watch a funny TV show.
Share jokes with your near & dear.
Read a funny book

