

# STRESS BUSTER CHART

## ACTIVITY SHEET

All Fit Team Member \_\_\_\_\_

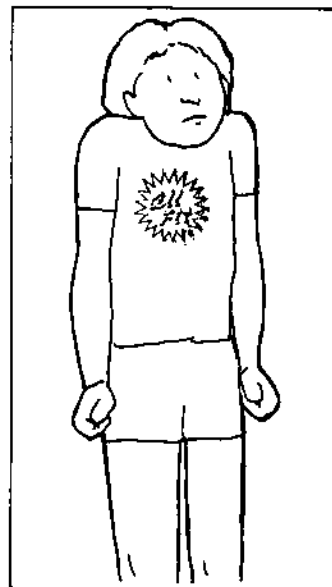
Date \_\_\_\_\_

Color the number of Stress Buster exercises you perform each day of the week.

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	2	1	2	1	2	1	2	1	2	1	2	1	2
3	4	3	4	3	4	3	4	3	4	3	4	3	4

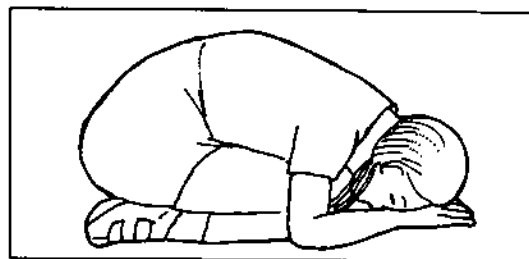
### 1. TENSION RELEASE

Sitting in a chair or lying down on a mat or rug, inhale and tighten up the muscles in your entire body as much as you can for 5 seconds. Then relax all the muscles in your body as you slowly exhale for the count of 5. Repeat 5 times.



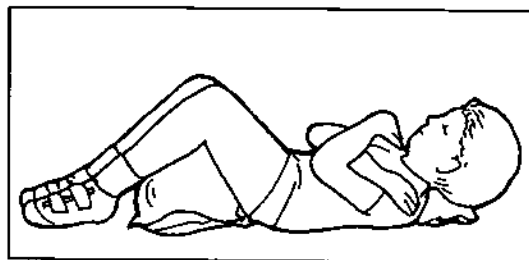
### 2. BACK RELAXER

Kneel on a mat or rug and bend forward slowly. Place your arms out in front of you with your hands together. Rest your head on your hand. Inhale and exhale slowly 7 times.



### 3. NECK AND SHOULDER RELAXER

Lie on your back with your knees bent and your feet flat on the floor. You may wish to have a small pillow under your knees and in the space between your head and shoulders. Fold your arms across your chest, resting your hands on your shoulders. Imagine looking out into space as far as you can. Inhale and exhale slowly 7 times.



### 4. FLOATING ON CLOUD (TOTAL RELAXER)

Sit comfortably in a chair or lie down on a mat or rug. Let your arms lie at your side, with your palms facing upward. Close your eyes and imagine yourself floating on a cloud over beautiful countryside. Slowly inhale and exhale 7 times.

