









## Activity 5: Stretching Routine

- **Instructions:**

Gentle stretching can help relieve physical tension caused by stress. Perform the following stretches:

- **Neck Stretch:** Slowly tilt your head to each side, holding for 15-30 seconds.
- **Shoulder Roll:** Roll your shoulders forward and backward for 30 seconds.
- **Back Stretch:** Stand and reach your arms overhead, stretching your back.

**Worksheet:**

Track your stretching routine:

Stretch	Duration	How Do You Feel After Stretching?













## Activity 10: Cold/Hot Therapy

- **Instructions:**

Applying cold or hot packs to the body can help relieve physical tension. Cold packs can reduce inflammation, while hot packs promote muscle relaxation. Apply a cold or hot pack to an area of tension for 10-15 minutes.

- **Worksheet:**

Track the use of cold/hot therapy:

Area of the Body Treated	Cold/Hot Therapy Used	Duration	Effectiveness (1-10)

## Bonus Activity: Tracking Physical Stress

- **Instructions:**

For the next week, track any physical stress symptoms you experience, including muscle tension, headaches, or digestive issues.

Look for any patterns in when these symptoms arise, and pay attention to which techniques are most effective at relieving them.

- **Worksheet:**

A table to record symptoms and relief techniques for the next 7 days.

DAYS	SYMPTOMS	RELIEF TECHNIQUES
1		
2		
3		
4		
5		
6		
7		

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