

# Daily Routines for Stress Reduction

Date: [Insert Date]

## Morning Routine

- Wake up at [Insert Time]
- Drink a glass of water
- 10 minutes of meditation or deep breathing
- Light stretching or yoga for 15 minutes
- Healthy breakfast (e.g., oatmeal, fruit)

## Midday Routine

- Take a 5-minute break every hour
- Practice mindfulness for 5 minutes
- Go for a short walk outside
- Stay hydrated and enjoy a nutritious lunch

## Evening Routine

- Unplug from electronics at least an hour before bed
- Engage in a relaxing hobby (e.g., reading, crafting)
- Take a warm bath or shower
- Write down three things you are grateful for
- Go to bed by [Insert Time]

## Additional Tips

Ensure to practice self-compassion and allow flexibility in your routine. Adjust as necessary to suit your needs.