

# Letting Go of Stress

1. How do you manage stress?
2. What are two activities that help relieve stress?
3. What exercise releases headache tension?
4. What exercise releases tension in your shoulders?
5. What is a simple effective way to relieve tension?
6. What are the stress triangle points?
7. What are some examples of what deep breathing does?
8. Each time you practice these exercises what happens?
9. Where can you use these exercises/techniques?
10. What is a helpful tip you can do to relieve stress?