

Simple Strategies

Stress Relief with Sandy Fowler

Relieving Stress When I Have No Time

Things I Do:
Tasks & Activities

People I Want to
Connect With

Other People Who
Are a Priority

Multipurpose to create more time and more connection.

Which tasks/activities can
I combine?

Which tasks/activities can I
do with people?

Which people can I meet
with in pairs/groups?



When can I be more mindful?
Which
activities/chores/actions are
good for mindfulness?

Dates I will review this sheet:
