

# 25 Leisure Pursuits to Relieve Stress

Incorporating various leisure activities throughout your day can decrease stress and increase meaning and balance in your life.

- Stretch/Yoga
- Read
- Journal
- Clean
- Walk
- Meditate
- Organize your space
- Listen to music
- Create “to-do” lists
- Cook a meal
- Self-care: bath, sauna, face mask, etc.
- Practice mindfulness
- Learn a new skill
- Apps: Headspace, Calm, Koru
- Aerobic exercise
- Listen to a podcast
- Brain games: puzzles, sudoku, crosswords, etc.
- Fill out a planner
- Drinking tea or brewing coffee
- Aromatherapy: lavender, rose, bergamot, chamomile
- Be in nature
- Create art
- Call a good friend
- Play with a pet
- Participate in religion, prayer or any spiritual practice



Email us at [OTI@salus.edu](mailto:OTI@salus.edu) for additional resources and more quick tips!