**Station 1: Laughter**

Laughter increases your oxygen intake and stimulates your heart, lungs, and muscles. It also increases the amount of endorphins that are released by your brain.

**Station 2: Homework/Reading**

Reading can relax your body by lowering your heart rate and easing muscle tension. A 2009 study found that reading could reduce stress by up to 68%! It is one of the fastest stress relieving activities.

**Station 3: Power Nap**

A 15 to 20 minutes power nap resets the system and gives you a burst of alertness and increased motor performance.

**Station 4: Art Therapy**

The act of drawing or creating art can take your mind off of what is stressing you. While engaged, some get into a near meditative state.

**Station 5: Puzzles**

Crossword puzzles, word searches, mazes, Sudoku and other games operate just like concentrative meditation…they take your focus off of the stress.

**Station 6: Talking**

At times when we feel emotionally overwhelmed, we are filled with tension. We may not always be able to change the stressful situation that is causing these feelings, but talking often helps. Talking leads to catharsis, which means feelings of relief. The tense feelings we have become less tense, and talking has drained off some of the stress which brings relief.