



Ideas For Relaxation



Relaxation

This is a list of ideas you might try, to help relax more, find what you like to do to unwind the most.

- Yoga
- Watch a funny movie
- Get a massage
- Cook a fancy homemade meal
- Hire a Therapist
- Try acupuncture
- Take a stay-cation
- Get a haircut
- Play some video games
- Go to a chiropractor
- Scream in your pillow
- Sauna
- Spend time with friends or family
- Try a new hobby
- Take a bike ride
- Read a book
- Walk on the beach
- Call a friend
- Listen to music
- Take a hot shower or bath
- Meditate
- Hiking
- Play board games
- Stretching
- Listen to a podcast
- Breath deeply
- Play with your pet
- Journal
- Aroma therapy
- Go outdoors

Coaching

Interested in achieving your weight loss goals? I'm here to help, as a coach I can assist you through your weight loss journey. If your interested, start by booking a [free consultation call!](#)

Connect with me on my various social media platforms for content related to health, dieting, and meal prep.



**BUBBIE WAS
CHUBBIE**

