

INDOOR ACTIVITIES TO REDUCE STRESS

Simple ideas. Less stress. More balance. ♥

Small steps can
make a big
difference.



Managing stress is an important part of overall wellbeing. These indoor activities can help you move your body, focus your mind, and feel more in control—right from home.



1

INDOOR OBSTACLE COURSE



Create a simple course using pillows, cushions, tape lines, or chairs.

Walk around, step over, crawl under, or balance along the course.



WHY IT HELPS

- ✓ Releases built-up tension
- ✓ Improves focus and coordination
- ✓ Boosts mood and energy
- ✓ Builds confidence and resilience

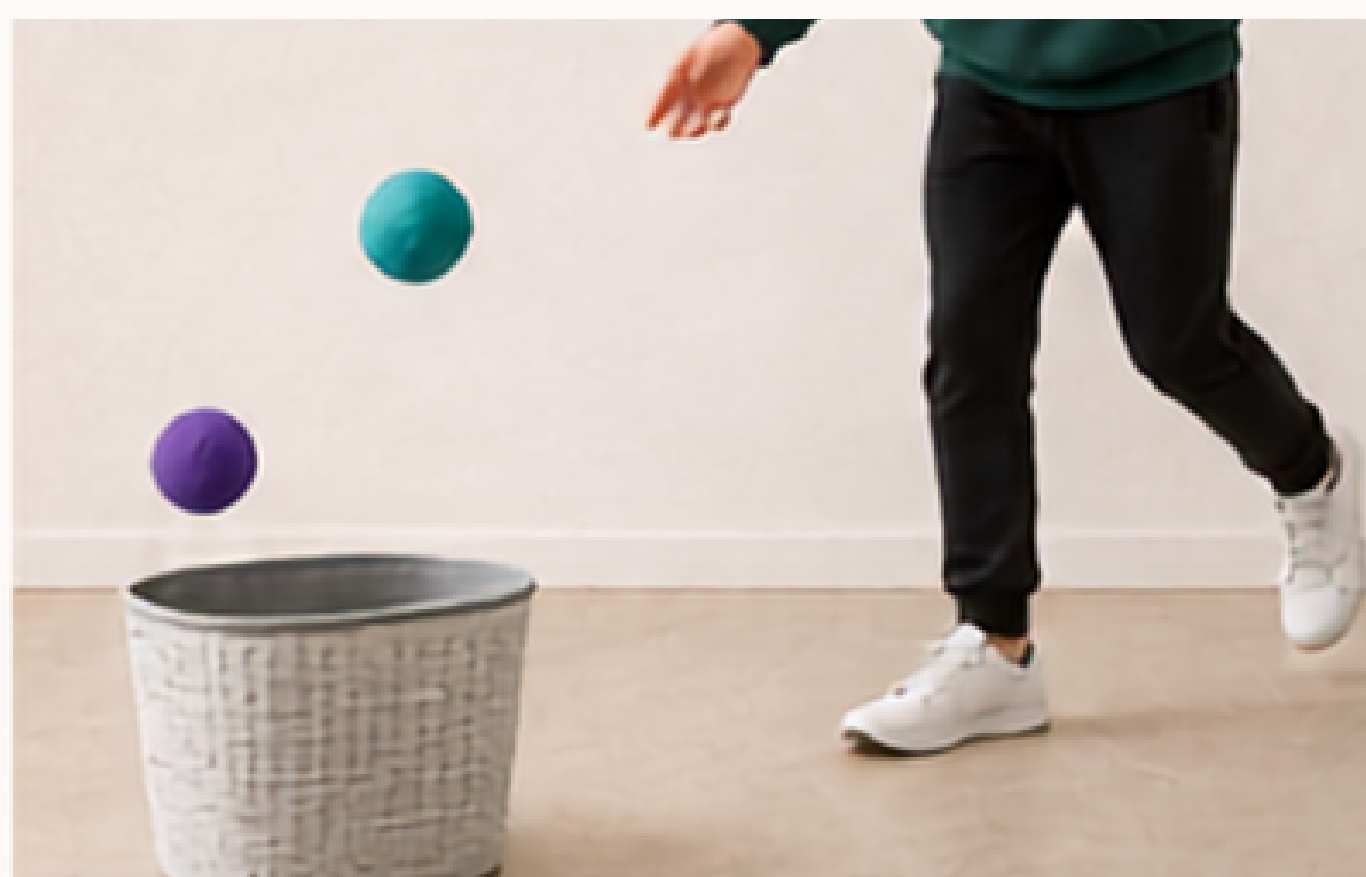
2

TARGET TOSS



Toss soft balls, socks, or beanbags into a basket.

Add movement by walking or jumping between throws.



WHY IT HELPS

- ✓ Encourages movement and motivation
- ✓ Improves hand-eye coordination
- Provides a sense of achievement
- Fun way to release stress

TIPS FOR SUCCESS

Make it safe

Choose safe items and clear your space.

You've got this.

Moving your body and taking time for yourself can help you feel calmer, stronger, and more in control.

Go at your own pace

Listen to your body and take breaks.

Add music

Upbeat or calming music can boost your mood.

Celebrate your effort

Every small step counts!