

5 EMPOWERING PROMPTS FOR STRESS RELIEF WITH



The only AI Strengths Coach for Wellbeing

Explore & deepen your Character Strengths understanding with Viana.

1

What character strengths can I emphasize to maintain balance during stressful times?

2

Can you help me develop a plan to use my strengths for better stress management?

3

In what ways can I channel my strengths to cultivate a more positive mindset?

4

What activities can I engage in that utilize my strengths for stress relief?

5

How can I celebrate my strengths to help alleviate stress and boost my morale?

For a personalized experience with Viana,
[complete your free VIA Survey first!](#)

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