

Relax, Play, Thrive



Book cover

Dr. Anuja Luniya

A Practical Approach to Stress Regulation

Relax, Play, Thrive is presented as India's first stress-regulation activity book, designed to make the process of understanding and regulating stress more practical, interactive and accessible. Rather than treating stress as something readers simply need to "manage," the book focuses on helping people recognise what is happening in their bodies, minds and everyday behaviour and then engage with practical tools.

What Makes the Book Different

The book combines neuroscience, behaviour change, neuroplasticity, the gut-brain connection, circadian health and play with hands-on activities. Its format is intentionally flexible: readers can work through activities, return to particular exercises, or simply open the book and begin wherever they need support.

- 111 interactive stress-regulation activities, including puzzles, movement, journaling and games.
- 140+ guided, science-backed tools for stress regulation and recovery.
- QR codes that provide access to guided audios, assessments, playlists and additional resources.
- A Mood Map and tracking elements that encourage readers to notice patterns in stress, mood, sleep and energy.
- Activities designed for different levels of time and energy, from a few minutes to longer sessions.
- Content that can be revisited over time rather than completed once and put away.

The Author

Dr. Anuja Luniya is a physiotherapist, behavioural health coach, stress strategist and author. Her work brings together professional experience, stress-regulation practice and lived experience with chronic illness. According to her official website, the book grew from her efforts to understand stress not only as a mental experience, but as something that can affect how people function, recover and live.

Why It Is Relevant

One of the strongest aspects of Relax, Play, Thrive is its emphasis on application. Instead of relying only on long-form reading or conventional wellness advice, it gives readers something to do. The activities, tracking tools and short exercises are designed to fit into everyday life, which may make the approach especially relevant for people dealing with busy schedules, work pressure or recurring stress.

Who May Benefit From It

The book is likely to appeal to professionals, students, caregivers, educators, coaches and anyone interested in developing a more practical understanding of stress regulation. It can also be useful as a resource for workplace wellbeing conversations because several activities can be adapted for teams and group settings.

Overall Recommendation

Relax, Play, Thrive stands out because it treats stress regulation as a skill that can be explored and practised, rather than as a concept that only needs to be understood. Its combination of science, reflection and play gives the reader an active role. For anyone looking for an accessible and hands-on resource on stress regulation, this is a worthwhile book to explore.

Book Details & Links

Official book page: [Relax, Play, Thrive — Official Website](#)

Author's website: [Dr. Anuja Luniya](#)

Purchase: [Buy Relax, Play, Thrive on Amazon India](#)