



# Stress-Relief Techniques for a Busy Day

When your day feels overwhelming, a few simple mindfulness techniques can help you reset, refocus, and recharge. Try these quick and effective stress-relief strategies anytime you need a break.

## 60-Second Box Breathing

A simple breathwork practice to calm the nervous system and regain focus. Best time to use: Before meetings, after stressful emails, or whenever you need to reset. How to do it:

*Inhale through your nose for 4 seconds - Hold your breath for 4 seconds  
Exhale slowly through your mouth for 4 seconds - Hold for 4 seconds  
Repeat for 60 seconds*

## 5-4-3-2-1 Grounding Exercise

A quick way to shift from stress to the present moment. Best time to use: When feeling overwhelmed or distracted. How to do it:

*Look around and name FIVE things you see. Notice FOUR things you can touch. Listen for THREE things you hear. Identify TWO things you can smell. Take ONE deep breath.*

## The 2-Minute Tension Release

Perfect for releasing built-up stress in the body. Best time to use: After long meetings or before transitioning between tasks. How to do it:

*Close your eyes and take a deep breath in.*

*Squeeze your fists, tense your shoulders, and scrunch your face.*

*Hold for 5 seconds.*

*Exhale and completely relax your muscles. Perhaps let out an audible sigh.*

*Repeat two more times, letting go of tension with each exhale.*

## One-Minute Desk Reset

A mini movement break to reduce tension. Best time to use: After long periods of sitting or before a big task. How to do it:

*Sit tall in your chair and roll your shoulders back and down a few times.*

*Take a deep inhale as you reach your arms overhead.*

*Exhale and gently twist your torso to the right, holding for a breath.*

*Inhale back to center, then exhale and twist to the left.*

*Gently stretch your neck by looking left, right, up and down.*

*Shake out your hands, letting go of any remaining tension.*

*Finish with a deep, nourishing breath.*

## The 3-Second Mindful Pause

A quick reset for stressful moments. Best time to use: Anytime you feel rushed, frazzled, or impatient. We all have 3 seconds! How to do it:

*Stop what you're doing and take a slow, deep breath. Perhaps place one or both hands on your heart. As you breathe, silently say: "I am here. I am present."*

*Continue with your next task, feeling more centered.*

## Make Mindfulness a Habit

Try incorporating one or more of these techniques into your daily routine. Even small mindful pauses can help reduce stress, boost focus, and improve well-being throughout your day.

**To access our Library of Pre-Recorded Mindful Moments, scan the QR code:**

