



Stop & Breathe

Inhale for 4 seconds –
Hold for 4 – Exhale for 4
[Repeat 3–5 times]

Ground Yourself

Name out loud:

- 5 things you see
- 4 things you can touch
- 3 things you hear
- 2 things you can smell
- 1 thing you can taste



STRESS RESET

Breathe. Pause.
Reset



Mini Movement

Roll your shoulders.
Stretch your neck.
Stand and walk for 2
minutes.

Speak Kindness

Tell yourself:
"I am safe."
"I can handle this."
"This feeling will pass."



Choose Calm

Sip water. Step outside.
Listen to calming music.
You don't have to do it all
– just one small reset
helps.