



THE 3-STEP STRESS RESET

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When pressure spikes, use this to steady your body and refocus your mind.
Commitment: ~2 minutes, anytime, anywhere



STEP 1 - PAUSE AND BREATHE

Inhale through your nose for 4
Take another sharp inhale for 1
Hold for 4
Exhale through the mouth for 8
Repeat 3 times



A longer exhale
tells your body to
calm down,
lowering tension.

STEP 2 - GROUND YOUR SENSES

This anchors you
in the present
and stops racing
thoughts.



List out:
5 things you can see
4 things you can feel on your body
3 things you can hear
2 things you can smell
1 thing you can taste



STEP 3 - RESET YOUR FOCUS

Ask yourself:
"What's the next tiny step
I need to take?"
Write it down or say it out loud.



This shrinks
overwhelm into
something you
can manage.

PRO TIP: Practise this once a day even when you're not stressed -
then, under pressure, your brain knows what to do
without effort.