

Quick Relaxation Practice

A brief skill to help your body settle during stress

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Tailored therapy for high-achieving women navigating anxiety, stress, and leadership pressure.

Three-Breath Reset <i>(Simplest)</i>	Pause once or twice a day, take three slow breaths, and notice the shoulders drop.
Box Breathing <i>(If you like structure)</i>	Inhale for 4, hold for 4, exhale for 4, hold for 4. Repeat for 3–5 rounds.
One-Minute Body Scan	Notice jaw, shoulders, hands, belly, and feet, then soften each area.
5-4-3-2-1 Grounding	Name 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.
Desk Stretch + Exhale <i>(If anxious or overwhelmed)</i>	Roll shoulders, unclench jaw, and lengthen the exhale for 30–60 seconds.
Mindful Transition	Before getting out of the car or opening email, take three breaths and set one intention for the next task.
Calm Place Visualization <i>(If you respond well to imagery)</i>	Spend 1–2 minutes imagining a safe, peaceful place using all five senses.
Tension-Release Practice	Gently tense and release hands, shoulders, and feet once each day.
Breathing Countdown	Count backward from 10 to 1, pairing each number with one slow breath.
Sensory Reset	Sip water slowly, notice temperature and taste, and take a slow exhale.

Choose One Practice

Commit to one practice for seven days. Small and consistent matters more than perfect.

The practice I will try: _____

I will do it at this time of day: _____

After one week, I noticed: _____