



# 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

*(Simplest)*

Pause once or twice a day, take three slow breaths, and notice the shoulders drop.

## Box Breathing

*(If you like structure)*

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

*(If anxious or overwhelmed)*

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

*(If you respond well to imagery)*

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: \_\_\_\_\_

**TRY ONE PRACTICE ONCE A DAY FOR UNDER TWO MINUTES**

You do not need to do it perfectly — just notice whether it helps your body settle even a little.

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