# Quick Relaxation Practice

*A brief skill to help your body settle during stress*

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| **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 to 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 to 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 to 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

*It doesn't have to be perfect. Just notice whether your body settles, even a little.*