

Give Yourself Grace Over Pressure

12 moves to interrupt pressure

before it writes
your story

GET CENTERED

Calm yourself.



Reset your body

Notice 5 things
you can see,
hear, or feel.



Release the pressure

Name what you
can control. Let
go of the rest.



Pause the moment

Slow down and
create space .



Breathe through it

Breathe deeply for 5
seconds or 5 days.
You decide.

GET CURIOUS

Question the story.



Write it out

Or say it out loud.
Discover what's real
outside your head.



Travel in time

Ask yourself: will
this matter in a
week or in a year?



Check the story

Separate your
facts from your
fictions.



Ask for perspective

Borrow
someone else's
view on things.

RECONNECT

Invite others in.



Find gratitude

Name one good
thing that is true.
Name a second.



Borrow their shoes

Step into their
perspective. Stay
there a minute.



Focus on others

Help someone in
need. A coworker,
friend, or stranger.



Talk to a friend

Find someone safe.
Say the thing that
feels hard out loud.



PRESSURE IS INEVITABLE
Your story isn't.