



His & Her Stress Reset Toolkit

A Practical Guide for Releasing Stress and Restoring Peace — Individually and Together



Introduction

Stress is inevitable, but how we respond to it determines whether it drains us or drives us closer to peace, growth, and each other. This toolkit is designed to help both of you—individually and together—reset, recharge, and reconnect.

Use these exercises when stress levels rise, or as part of a weekly rhythm of renewal.



His Stress Reset

Focus: Strength, purpose, and release of tension

1. Quick Grounding Breath

- Inhale for 4 counts, hold for 4, exhale for 6. Repeat 5 times.
- Visualize releasing frustration with each breath out.

2. Scripture Anchor

“Cast all your anxiety on Him because He cares for you.” – 1 Peter 5:7

- Write down 3 worries.
- Pray and symbolically release them to God.

3. Mind Reset Activity

- Do something physical: push-ups, stretching, or a brisk walk.
- Shift your stress into movement.

4. Affirmation

“I am grounded, capable, and supported by God’s strength.”

5. Reset Journal Prompt

- What’s one stressor I can control?
- What’s one I need to surrender?



Her Stress Reset

Focus: Nurture, emotional balance, and renewal

1. Calm Release Breath

- Inhale deeply through the nose, exhale slowly while imagining tension flowing out of your body.

2. Scripture Anchor

“Come to me, all who are weary and burdened, and I will give you rest.” – Matthew 11:28

- Write down one area where you feel “weary.”
- Write a prayer asking God to replace weariness with peace.

3. Mind Reset Activity

- Engage in a creative or nurturing practice (journaling, coloring, light yoga, or a warm bath).

4. Affirmation

“I am loved, supported, and renewed in God’s peace.”

5. Reset Journal Prompt

- What restores my soul when I feel depleted?
- How can I invite more of this into my daily life?



Couple Stress Reset

Focus: Connection, teamwork, and unity under pressure

1. Reset Together

- Hold hands.
- Take 3 deep breaths in sync.
- Pray a one-sentence prayer together (e.g., “Lord, help us release stress and find peace in You.”).

2. Communication Reset

- Each partner shares:
 1. One current stressor
 2. One thing they appreciate about the other
- No interruptions, just listening.

3. Scripture Anchor

“Two are better than one... If either of them falls, one can help the other up.” – Ecclesiastes 4:9–10

4. Couple Reset Activity

- Go for a walk together without phones.
- Plan a 15-minute “tech-free unwind time” before bed to connect.

5. Couple Affirmation

“We are a team. With God’s help, we face stress together, not apart.”

6. Reset Journal Prompt

- How can we create a shared rhythm of rest in our relationship?



Bonus Reset Tools

- **Music Reset:** Create a calming “reset playlist” together.
- **Gratitude Reset:** Each day, write one thing you’re grateful for in each other.
- **Prayer Reset:** Keep a couple’s “stress prayer jar”—write stressors on slips of paper, pray over them, and place them inside.



Closing Blessing

“May the peace of Christ rule in your hearts and home. May His presence reset your spirit, calm your mind, and strengthen your bond as a couple.”