# Quick De-Stress Activities Cheat Sheet

Use this cheat sheet to take short, intentional breaks that help you switch off from work and reset. Pick one or two activities at a time — even a few minutes can make a big difference.

## Calm Your Nervous System

* • Box Breathing: Inhale 4 sec, hold 4 sec, exhale 4 sec, hold 4 sec — repeat 3–5 times
* • 5-5-5 Breath: Breathe in for 5, out for 5, repeat 5 times
* • Nasal Breathing Reset: Breathe slowly through your nose for 2 minutes

## Release Physical Tension

* • Shoulder Rolls: 10 forward, 10 back
* • Neck Release: Tilt ear to shoulder, hold 10 sec each side
* • Seated Twist: Sit tall, twist gently from the waist, hold 10 sec

## Quick Pick-Me-Ups

* • Step outside for 2–5 minutes of fresh air
* • Put on your favourite upbeat song and move
* • Drink a glass of cold water slowly and mindfully

## Mental Reset Tools

* • 5-4-3-2-1 Grounding: Name 5 things you see, 4 feel, 3 hear, 2 smell, 1 taste
* • Mini Visualisation: Picture your ideal end-of-day routine
* • Touch Check-In: Hold a textured object (e.g., mug, stone, fabric)

## Shift Your Focus

* • Write down one thing that went well today
* • List 3 things you're grateful for
* • Ask yourself: 'Is this something I need to carry into the evening?'

Bonus Tip:

Use a timer (like a Pomodoro app) to schedule these mini resets throughout your workday — not just after you log off.