

## 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.