

Stress Relief Techniques

Cheat Sheet



Ten ways to come down from a hard day – five that work in two minutes, and five that take twenty and actually refill you.

1 SPIKING? USE THE LEFT COLUMN

2 RUNNING ON EMPTY? USE THE RIGHT

3 ONE A DAY IS PLENTY

IN THE MOMENT • ANYWHERE

2-Minute Resets

For when stress spikes mid-day: a tight chest, a snappy mood, a racing head. These pull the body out of alarm fast.



The physiological sigh

- Two quick inhales through the nose, then one long, slow exhale through the mouth. Three rounds is usually enough to feel the shift.

Shoulder drop + jaw unclench

- Stress hides in the same few muscles all day. Let your shoulders fall away from your ears, part your back teeth, soften your tongue.

Step outside, find the horizon

- Rest your eyes on the farthest thing you can see and let your gaze go wide. Distance vision tells the alarm system the scan is over.

Cold water on your wrists

- Run cool water over the inside of each wrist for about 30 seconds. Blood flows close to the skin there, so the cool-down travels fast.

Shake it out

- Stand up and shake your hands, arms, and legs like you are flicking off water. Sixty seconds spends the adrenaline instead of storing it.

LATER TODAY • ON PURPOSE

20-Minute Restores

For when the day has drained you: flat, frayed, or fried. These refill the tank instead of just pausing the leak.



A real walk, phone in pocket

- No feed, no podcast, no destination. Walking with nothing to process is when your mind finally gets to file the day away.

A hot shower as a ritual

- Not the rushed morning version. Lights low, no clock, heat on the back of your neck. Let the shower or bath be the whole event.

One absorbing hobby block

- Twenty minutes of anything that takes your hands or full attention: cooking, sketching, a puzzle, an instrument. Flow beats scrolling.

Tidy one small area

- One drawer, one desk, one counter – not the whole house. External order hands your brain a finished thing, and the calm spreads inward.

Call someone who makes you laugh

- A voice, not a text thread. Twenty minutes of real laughter with a familiar person is one of the fastest tank-fillers there is.

The stress rule of thumb

MATCH THE TOOL TO THE MOMENT

RESETS ARE BRAKES

They stop a spike while it is happening. Quick, repeatable, and built for the middle of a bad hour.

RESTORES ARE FUEL

They put back what the day drained. A spike can pass and still leave you empty – that is what these are for.

SCROLLING IS NEITHER

It holds the feeling still without braking or refilling anything. Fine as a pause – just don't ask it to do relief's job.