

Daily Stress Reset

A 5-minute practice to reclaim your calm.

Stress is not the enemy — it becomes one when it has nowhere to go. This five-minute reset gives it somewhere to go. Use it at the end of your workday, before a hard conversation, or whenever the weight starts to accumulate.

THE 5-MINUTE RESET

Move through each step in order. Time is approximate — follow your breath, not the clock.

1 STOP — 1 minute

Put down what you're doing. Sit or stand with both feet on the floor. Close your eyes if you can. Take three slow breaths — in through your nose, out through your mouth. This is not wasted time. This is the work.

2 NAME IT — 1 minute

Without judgment, name what is stressing you. Say it out loud or write it below. Naming activates the thinking brain and begins to calm the alarm system. You don't have to solve it — just see it clearly.

3 BODY SCAN — 1 minute

Starting from your shoulders, slowly scan downward — neck, chest, stomach, hands. Where are you holding tension? Breathe directly into that spot and release on the exhale. Stress lives in the body first.

4 REFRAME — 1 minute

Ask: Is this within my control right now? If yes — what is one small action I can take? If no — can I release my grip on it, even slightly? You cannot solve every problem. You can choose where to place your attention.

5 ANCHOR — 1 minute

End with one thing that is true and steady in your life right now. A person, a value, a reason, a memory. Let it hold you for a moment before you move on. This is your anchor — return to it whenever the storm picks up.

WRITE IT DOWN — STEP 2

What is stressing me most right now?

Is it within my control? ■ Yes — my one action: ■ No — I can release:

My anchor today:

MAKE IT STICK

- Set a phone alarm at 5pm labeled 'Reset.' Treat it as non-negotiable.
- Keep this page on your desk or save it to your phone's home screen.
- After two weeks, the reset itself becomes the anchor.
- On high-stress days, run through it twice — morning and evening.

"You cannot always control what happens. You can always choose how you respond to it."

— *Kindle the Light*, Chapter 4