

Stress Management Toolkit

Quick relief tools and daily habits to feel steadier

Stress is a normal part of life — but when it lingers, it can affect your sleep, mood, digestion, and energy. This toolkit offers quick relief techniques and habits that lower stress over time.

Quick Relief Techniques (3-5 Minutes)

- Box Breathing:** Inhale for 4 counts, hold for 4, exhale for 4, hold for 4. Repeat for 1-2 minutes.
- 5-4-3-2-1 Grounding:** Name 5 things you see, 4 you hear, 3 you feel, 2 you smell, and 1 you taste.
- Progressive Muscle Release:** Tense one muscle group for 5 seconds, then release. Move slowly through your body.

Daily Habits That Lower Stress

- Take short movement breaks during the day.
- Spend time outdoors, even for a few minutes.
- Limit caffeine after midday.
- Journal for 5 minutes — just get it out of your head.
- Connect with someone you trust, even with a quick message.

When Stress Feels Like Too Much

Watch for signs like trouble sleeping most nights, constant irritability, feeling overwhelmed by everyday tasks, or losing interest in things you usually enjoy.

A NOTE FROM YOUR COACH

If these signs sound familiar, it's worth talking with a healthcare provider or mental health professional alongside your coaching work. Reaching out is a sign of strength, not failure.

MY STRESS TRIGGERS & GO-TO TOOLS

Trigger	Early Warning Sign	My Go-To Tool

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