

# Quick Stress-Busters

## (5 Minutes or Less)



### 1. Box Breathing (4-4-4-4 Method)

**How to:** Inhale through your nose for 4 seconds  
Hold your breath for 4 seconds or  
Exhale slowly through your mouth for 4 seconds  
Hold again for 4 seconds

**Why it works:** Slows down your heart rate, signals your brain to relax, and helps you regain focus quickly.

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### 2. Desk Shoulder Drop & Stretch

**How to:** Sit or stand tall, roll your shoulders up toward your ears. Drop them down and back while exhaling

**Why it works:** Releases tension from neck, shoulders, upper back—common stress-holding areas at a desk or on calls.

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### 3. The 5-4-3-2-1 Grounding Exercise

**How to:** Name 5 things you can see  
Name 4 things you can touch  
Name 3 things you hear  
Name 2 things you smell

**Why it works:** Pulls your focus away from stress or racing thoughts and anchors you in the present moment.

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### 4. Mindful Sips (Water or Tea)

**How to:** Close your eyes. Imagine a calm, place (beach, forest, cozy couch)  
Picture every detail—sounds, smells, colors

**Why it works:** Acts as a mini-meditation while keeping hydrated—both of which improve mental clarity and mood.