

Stress Less

For Busy Professionals

Strategies To Help Take Back That Peace of Mind

Who is this for?

This is for those juggling work, side hustles, and life, and want to reclaim a *peace of mind* while managing it all.

To The Point!

Short, practical, and easy to follow—just strategies you can try and adapt to fit your life.

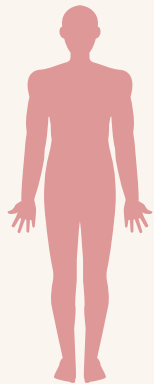
Disclaimer:

The information shared here comes from personal experience, research, and feedback from others. This isn't professional advice - just practical insights from someone who's been there. If you're experiencing severe stress, anxiety, or mental health concerns, please consult with qualified healthcare professionals or mental health specialists. They're the experts who can provide proper medical guidance.



Step 1: Spotting the Stress

(approx 60seconds)



Physical Signs

(examples)

- Clenched jaw
- Shallow breathing
- Racing heart
- Fidgeting/Restlessness
- Fatigue
- Tensed shoulders/neck/chest



Mental Signs

(examples)

- “I can’t do this” loops
- Decision paralysis
- Time Panic
- Negative self-talk
- Overthinking
- Catastrophizing

Step 1 *Continued*

DO THIS:

Next time you feel stressed, pause and identify **one physical sign** and **one mental sign** of the "stress"—this builds a stronger mind-body connection. Which can lead to a whole host of benefits.

Awareness= power to act

Step 2: Pick Your Stress Reset Tools

Breathing Techniques

1. **4-4-6 Box Breathing:** Inhale for 4 counts → Hold for 4 counts → Exhale for 6 counts
2. **4-7-8 Relaxation Breathing:** Inhale for 4 counts → Hold for 7 counts → Exhale for 8 counts

Step 2 *Continued*

Grounding Exercises

1. **Sense Grounding Hack:** Name 3 things you see, 2 sounds you hear, and 1 texture you can touch.

Example: " Laptop, chair, window → Keyboard clicks, fan hum → Soft rug texture."

2. **Body Scan Hack:** Start from your toes and move up to the top of your head, releasing tension as you go.

For Managing Ongoing Anxiety:

Thought Clearing Exercise:

Spend 2 minutes writing down all your worries.

- Circle what you can control.
- Cross out what you can't.
- Tackle one actionable item immediately.

Step 3: Building A Daily Routine

Morning Moments

(examples)

- **Mindful Start:** Begin with a 4-4-6 breathing exercise.
- **Intentions:** Set one clear goal for the day.

Throughout the Day

(examples)

- **Breathing Breaks:** Use 4-7-8 breathing for stress reduction.
- **Grounding Practices:** Use sense grounding techniques when feeling overwhelmed.

Evening Wind-Down

(examples)

- **Reflection:** Journal about your day.
- **Preparation:** Plan tomorrow with realistic goals.

Step 3: Continued

Mindshift Cheat Sheet

For when everything feels urgent

Ask:

“Will this matter in 5 days? 5 months?”

Swap:

“I HAVE to....” -> “I’m **CHOOSING** to...”

Example: “I’m choosing to decline and protect my focus time.”

Repeat:

“Temporary discomfort, lasting growth.”

OR

“This storm will fade. I’ll adjust my sails until it does.”

OR

“This is a chapter, not the whole story.”

OR

“This is temporary. I’m learning as I go.”

Building Long-term Resilience

Quick fixes do work, however lasting calm starts with noticing one pattern and adjusting.

Your Thoughts Matter!

What would you like to explore next? Your insights shape our path forward. Thank you for being part of our community.

