
20 PRINTABLE CARDS

Stress Reset Card Deck

*One calming technique per card – breathe, ground,
reframe, release.*

by Coach Nadira

A few notes before you cut these apart.

This deck holds 20 cards across four categories — Breathe, Ground, Reframe, and Release — five cards each. Every card gives you one clear action, no theory attached, done in under two minutes.

To print & cut: print the following pages on plain paper or cardstock, then cut along the dashed lines. Keep the deck in your bag, on your desk, or wherever stress tends to find you.

To use digitally: skip the printing and just keep this PDF on your phone. When you need a reset, open it and swipe to any card — there's no wrong one to land on.

There's no order to follow. Pull whichever card matches the moment, or just start at Card 1 and work through the deck once to see what fits you.

A quick note: these are quick, in-the-moment tools, not a treatment plan. If stress or anxiety feels unmanageable or ongoing, please talk with a doctor or therapist about what's right for you.



BREATHE · CARD 1 OF 5

Box Breathing

Inhale for 4 counts. Hold for 4. Exhale for 4. Hold for 4. Repeat four times.



BREATHE · CARD 2 OF 5

Long Exhale

Inhale through your nose for 4 counts.
Exhale slowly through your mouth for 8.
Repeat five times.



BREATHE · CARD 3 OF 5

Sigh Reset

Take two quick inhales through your nose, then one long, slow exhale through your mouth. Repeat three times.



BREATHE · CARD 4 OF 5

Paced Breathing

Inhale for 4 counts. Hold for 4. Exhale for 6. Repeat three times.



BREATHE · CARD 5 OF 5

Belly Breathing

Put one hand on your belly. Breathe in until it rises, breathe out until it falls. Repeat six times.



GROUND · CARD 1 OF 5

5-4-3-2-1 Senses

Name 5 things you see, 4 you can touch, 3 you hear, 2 you smell, and 1 you taste.



GROUND · CARD 2 OF 5

Cold Water Reset

Run cool water over your wrists for 20 seconds. Notice the temperature, not your thoughts.



GROUND · CARD 3 OF 5

Feet on the Floor

Press both feet flat on the ground. Notice where they touch. Hold for 10 slow breaths.



GROUND · CARD 4 OF 5

Texture Check

Find one object near you. Silently describe its texture, weight, and temperature.



GROUND · CARD 5 OF 5

Name the Room

Look around and silently name five objects you can see, one at a time, slowly.



REFRAME · CARD 1 OF 5

The Fact Check

Ask yourself: “What do I actually know is true right now, versus what am I assuming?”



REFRAME · CARD 2 OF 5

Zoom Out

Ask yourself: “Will this matter in a week? In a year?” Answer honestly, not dismissively.



REFRAME · CARD 3 OF 5

Best Friend Test

Ask: “What would I tell a friend in this exact situation?” Then tell yourself that.



REFRAME · CARD 4 OF 5

Name It

Silently say: “I’m noticing I feel ____.”
Naming the feeling can loosen its grip.



REFRAME · CARD 5 OF 5

One Next Step

Ask: “What’s the one small thing I can actually do right now?” Then do only that.



RELEASE · CARD 1 OF 5

Shake It Out

Stand up and shake your hands, arms, and legs for 15 seconds, like drying off water.



RELEASE · CARD 2 OF 5

Shoulder Drop

Inhale and raise your shoulders to your ears. Exhale and let them drop. Repeat three times.



RELEASE · CARD 3 OF 5

Jaw Unclench

Notice your jaw. Let your teeth come apart, your tongue rest, your lips soften. Hold for five breaths.



RELEASE · CARD 4 OF 5

Wall Push

Press both palms into a wall for 10 seconds, then release. Repeat three times.



RELEASE · CARD 5 OF 5

Stretch Reset

Reach both arms overhead and stretch tall for 5 seconds, then fold forward and let your arms hang.

Coach *Nadira*

That's the deck — *now put it to work.*

Keep a few cards in your bag, tape one inside a cabinet door, or just leave the PDF open on your phone. The goal isn't to memorize these — it's to have them ready before you need them.

If you want more than a quick reset — a full plan built around your body, your schedule, and what's actually going on for you — that's what working together looks like.

[Book a Free Call](#)

— *Coach Nadira*