



Stress and Anxiety Relief Simple Tools to Calm Your Nervous System

Stress and anxiety are common—and can be manageable. Even a few minutes a day of the practices below can help calm your nervous system, improve focus and sleep, and support overall mind and body balance.



Breathing Techniques (Fast + Effective)

Box Breathing

Inhale 4 • Hold 4 • Exhale 4 • Hold 4 (imagine tracing the sides of a square with each breath)

Repeat for 2–5 minutes

Best for: panic, racing thoughts

4–7–8 Breathing

Inhale 4 • Hold 7 • Exhale 8

Repeat 3–4 rounds

Best for: nighttime anxiety, sleep

Extended Exhale

Inhale 4 • Exhale 6–8

Repeat 3–5 minutes

Signals safety to the brain



Mindfulness (Slow the Mind)

Mindfulness = paying attention to the present moment without judgment.

Try this:

- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste

Try a micro body scan: Drop your shoulders, unclench your jaw, relax your tongue, and take a few deep breaths.

Even 1–2 minutes helps.

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Meditation (Build Long-Term Resilience)

Meditation lowers baseline anxiety over time and improves emotional regulation.

Easy options (you can search for walkthroughs on Spotify, YouTube, etc):

- Guided meditation
- Body scan
- Loving-kindness meditation

Goal: 5–10 minutes daily

Free resources:

freemindfulness.org

mindful.org

dailymotion.com/video/x2zfkx9



Grounding Techniques (When Anxiety Feels Overwhelming)

- Press feet firmly into the floor for at least 10 seconds
 - Hold a cold object or splash cool water on your face
 - Name objects around you out loud
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Lifestyle Support

- Daily movement (walking, strength training)
 - Prioritize sleep
 - Morning sunlight exposure
 - Protein-rich meals for blood sugar stability
 - Limit caffeine if anxiety is severe
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Start Small

Choose **one or two tools** and practice them consistently. Small daily steps can make a big difference.

Support your body and mind with healthy foods, regular movement and exercise, fresh air, and good sleep habits.

If stress or anxiety feels unmanageable or interferes with daily life, additional support may be helpful. You can reach out to us via text anytime at 913-513-2166

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