



A simple, grounding routine you can use anytime you feel overwhelmed, overstimulated, or pulled in too many directions.

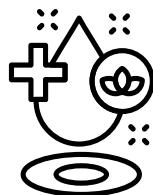
This short holiday stress recovery routine works even when you feel mentally overloaded. Use it during busy days, before gatherings, after long errands, or whenever you need to bring your energy back down to neutral.

## 1. PAUSE + EXHALE (20 SECONDS)



- Relax your shoulders.
- Take a slow inhale, then let your exhale be longer than your inhale.
- This gentle pattern signals your nervous system to shift out of “stress mode” and helps your mind settle.

## 2. SIP WARM WATER OR HERBAL TEA (30 SEC)



- A few slow sips of warm water, chamomile, peppermint, or ginger tea can ease tension, support digestion, and help your body soften out of overwhelm.
- Warm liquids work quickly when the day feels chaotic or overstimulating.

## 3. RELEASE PHYSICAL TENSION (1 MINUTE)

Choose one small movement to break the stress cycle:



- A slow neck roll
- Shoulder stretch
- One minute of light walking
- Belly breathing with one hand on your stomach
- A gentle seated twist

These micro-movements help reduce holiday muscle tension and bring your focus back into your body.

## 4. QUIET YOUR MIND (30 SECONDS)



Ask yourself:

“What actually needs my attention right now?”

Then choose one:

- Urgent
- Important
- Can wait

This quick mental reset helps you step out of overwhelm and choose your next step with clarity.

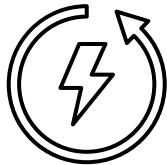
# TOUCHCARE ACTION KIT: HEALTH & WELLNESS EDITION

## HOLIDAY STRESS RECOVERY ROUTINE



## A Simple Routine to Stay Calm and Grounded Through the Holiday Season

## 5. RESET YOUR ENERGY (1 MINUTE)



Pick one simple action that grounds you:

- Step outside for 1–2 minutes of fresh air
  - Listen to one calming song
  - Light a candle or switch to soft lighting
  - Write down tomorrow’s tasks to clear mental clutter
  - Take three slow breaths with your eyes closed

These small resets help your energy settle, especially during busy holiday evenings

# ONE THING I NEED RIGHT NOW:

If you want this routine in a simple one-page format you can use anytime, you'll find the free download below.