



STRESS RESET PLANNER:

Stay balanced, hydrated & calm in just 5 minutes a day.



HYDRATE: REFILL YOUR ENERGY

Hydrate first, decide second

- Sip slowly: 6–8 ounces (about half a small bottle).
- Room temperature or warm — easier on digestion.
- If mid-day: add electrolyte or a pinch of sea salt.
- If evening: warm lemon water or caffeine-free tea.



BREATHE: RESET YOUR NERVOUS SYSTEM

Exhale longer than you inhale

Simple guided box you can include visually:

Breath Count:

Inhale thru nose - 4 sec
Hold - 2 sec
Exhale thru mouth - 6 sec
Repeat: 3–4 rounds

- Focus on lowering your shoulders.
- Imagine tension leaving on each exhale.
- Optional: place one hand on chest, one on belly to feel breath movement.



MOVE: RELEASE TENSION FAST

Motion calms emotion

- At desk: roll shoulders back × 10, stretch arms overhead × 3.
- Traveling: ankle circles, gentle torso twists in seat.
- At home: 2-minute walk around the room or outside.
- If tension persists: try neck retraction (chin tuck, hold 5 sec).

HEALTH & WELLNESS TIP OF THE WEEK

Each time you hydrate, breathe, and move — you reset your body's rhythm.
Not medical advice — for wellness education only.