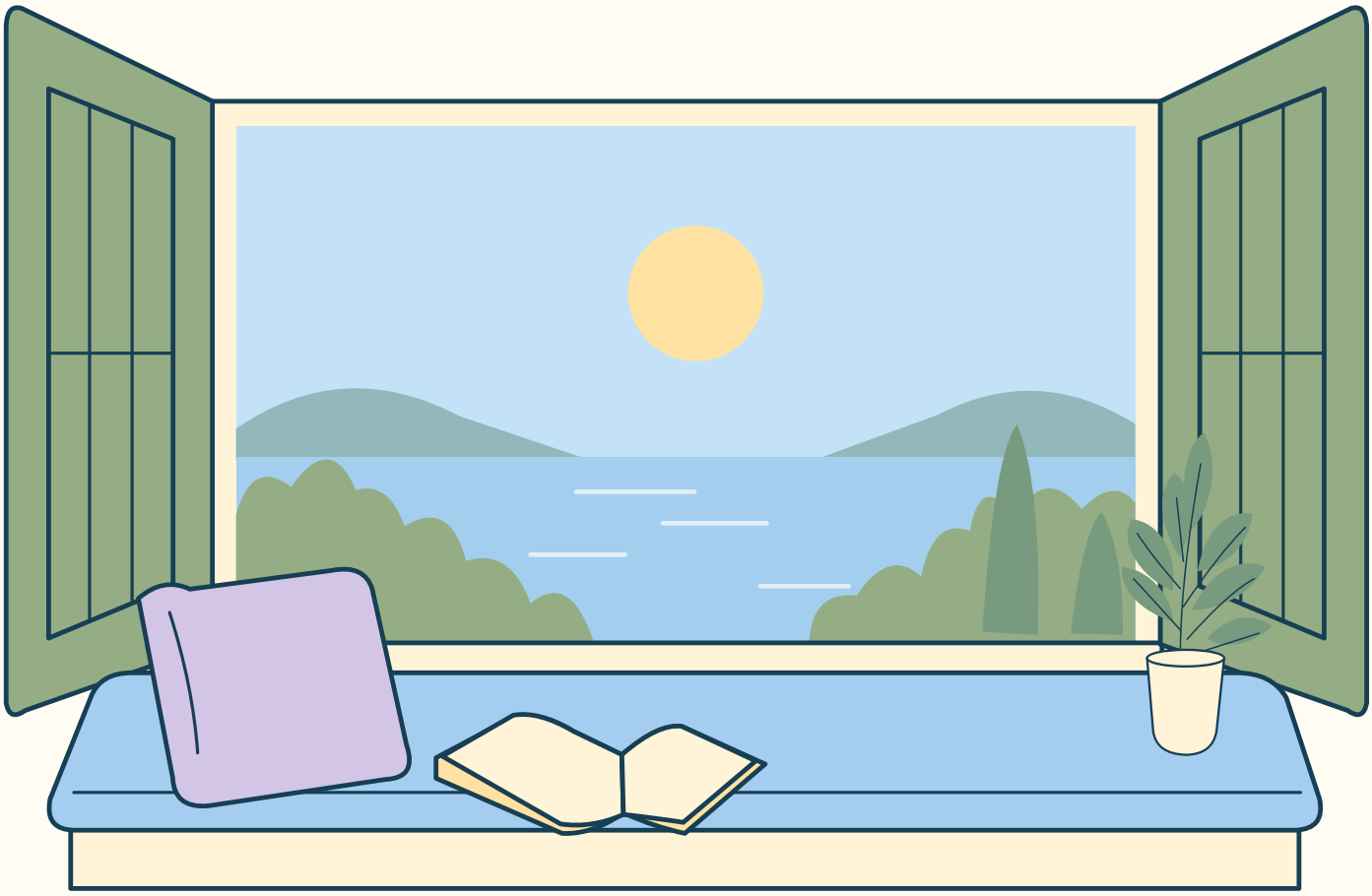
Relaxation toolkit — Small ways to step out of the alarm

Relaxation is not a luxury

Relaxation is your nervous system getting a break from being **'on'**.
It does not have to be long. It does not have to be elaborate.
Even a few minutes, done regularly, can help your body settle and give your nervous system a chance to rest.



Below are eight small practices. Pick one. Try it for a week. Then pick another. You do not have to do them all.



Step away for two minutes

From whatever you are doing. Stand up. Walk to a window.
Look at something further than your screen.
Two minutes of distance changes the nervous system signal



Walk

At your own pace. Outside if possible. Even five minutes around the block.
Movement discharges stress hormones **(cortisol and adrenaline)** so they are not still circulating an hour from now



Focus on breath

Box breathing — four counts in, four hold, four out, four hold. Three cycles. Anywhere.
(See the Breathe and Name card for the full instruction)



Screen break

Turn the phone off for an hour. Step away from email.
Use the time to do something low-stimulation.
The relief is not dramatic — it is cumulative.



Connect with your senses

Five things you can see. Four you can feel. Three you can hear. Two you can smell.
One you can taste. The 5-4-3-2-1 grounding sequence — fast, anywhere, free.

Picture somewhere calm

Close your eyes. Take yourself there for two minutes. A beach you have been to.
A garden you remember.
Your imagination can transport you somewhere your body cannot reach today

Listen to music

Songs that you love. Pay attention to one instrument. Let your attention rest on it. Other thoughts will arrive; just keep returning to the sound.

Spend time in something green

A garden, a park, a balcony plant. Notice trees, flowers, animals if there are any. Time outdoors lowers stress markers measurably — even short stretches help

What If I Cannot Find Time?

Relaxation does not have to take long.
A two-minute walk, a phone-off hour,
five minutes outside — these are interventions, not indulgences.
Done regularly, the small ones do most of the work

