

When stress hits, your brain can move incredibly fast, and before you even realise it, it defaults into those old patterns that no longer match who you are becoming.

So when it happens, and it will from time to time, here's your way back...

1

Name it

Say what you are feeling (this can be out loud or mentally!)

"I'm feeling stressed."

This small act creates space between the stress and the reaction.

2

Breathe

Place both feet flat on the ground roughly hip-width apart.

Inhale through your nose slowly for 4...

Hold for 4



Exhale through your mouth for 4...

Wait for 4



Repeat



Let your breath flow as deep down into your belly as is comfortable, without forcing it.

3

Hand on heart

Place your hand on your chest.

Say softly:
"I'm safe right now."

Or whatever suits you best write below

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4

Pause for 90 seconds

Just pause

Let the feeling rise and fall without reacting to it.

Most stress waves ease when we don't feed them with
panic or judgement.

