

From Surviving to Thriving

Micro-Reset Tools for Busy Days

The 60 Second Breathing Reset

When stress spikes, your breathing speeds up. Slowing it down helps your body reset. **Try this:**

- Breathe in through your nose - 4 seconds
- Exhale slowly through your mouth - 6 seconds
- Repeat 5 times (about one minute)

Helpful when:

Feeling tense, overwhelmed, or rushed



The Mental “Shift Switch”

Long days can make it hard to mentally clock out—even after your shift ends. **Before you leave work or get home:**

- Pause for 10 seconds
- Silently say: “Today’s workday is complete.”
- Take a deep breath and imagine closing a door behind you

Helpful when:

Carrying work stress into personal time

A Body Reset

It’s important to release tension built up during the day. **Try one or two of these:**

- Roll your shoulders 5 times forward, 5 times back
- Gently stretch your neck side to side
- Shake out your hands or legs for 10 seconds

Helpful when:

Your body feels tight, stiff, or fatigued

Reset Your Focus in 30 Seconds

Get unstuck without pushing harder. **When concentration dips:**

- Look away from your task
- Name 3 things you can see
- Take one slow breath

Helpful when:

You are having a hard time focusing

Thriving doesn’t mean having stress-free days. It means having small tools you can use when days are demanding. Reach out to the EAP for more.