

★ 10 WICKEDLY QUICK WAYS TO UN-STRESS IN UNDER 15 MINUTES

(Because you deserve calm, coffee, and a touch of chaos.)



THE SILENT SCREAM SHOWER

Turn the water on hot, step in, and scream like you just got your electric bill. Bonus points if you add a eucalyptus shower steamer and pretend it's "therapy."

THE 3-MINUTE RAGE JOURNAL

Grab a notebook, write down every reason you want to throw a stapler. When the timer goes off, close it. Congratulations – that's emotional regulation, baby.

THE FANCY CUP LIE

Pour your basic coffee into your fanciest mug. Add whipped cream or cinnamon. Sip like you're the CEO of Boundaries.

THE 10-MINUTE GLAM-AND-GO

Lip gloss, messy bun, oversized sunglasses. Boom – emotionally stable influencer energy achieved.

THE CANDLE SÉANCE

Light your favorite candle and stare into the flame like it's whispering secrets. (It's just wax. But it's cheaper than therapy.)

THE SNACK SUMMIT

Assemble your favorite comfort snacks on a plate. Call it a "grazing board." You are now both classy and full of carbs.

THE TEXT YOU'LL NEVER
SEND

*Draft a brutally honest message.
Don't send it. Read it aloud for
catharsis. Delete it like the goddess
of self-control you are.*

THE MUSIC EXORCISM

*Play a song that matches your
mood. Dance, stomp, or lip-sync like
you're cleansing your aura of
nonsense.*

THE DISAPPEARING ACT

*Put your phone on airplane mode
for 15 minutes. Watch the world not
end. (Magic.)*

THE BEDROOM
VACATION

*Dim the lights, spritz something
that smells like "expensive peace,"
and flop on the bed dramatically.
You're on vacation. Mentally. For
14.5 minutes.*

*Life's a mess. You're the mood lighting.
Get more mini escapes, calm-chaos ideas, and self-care sass at
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