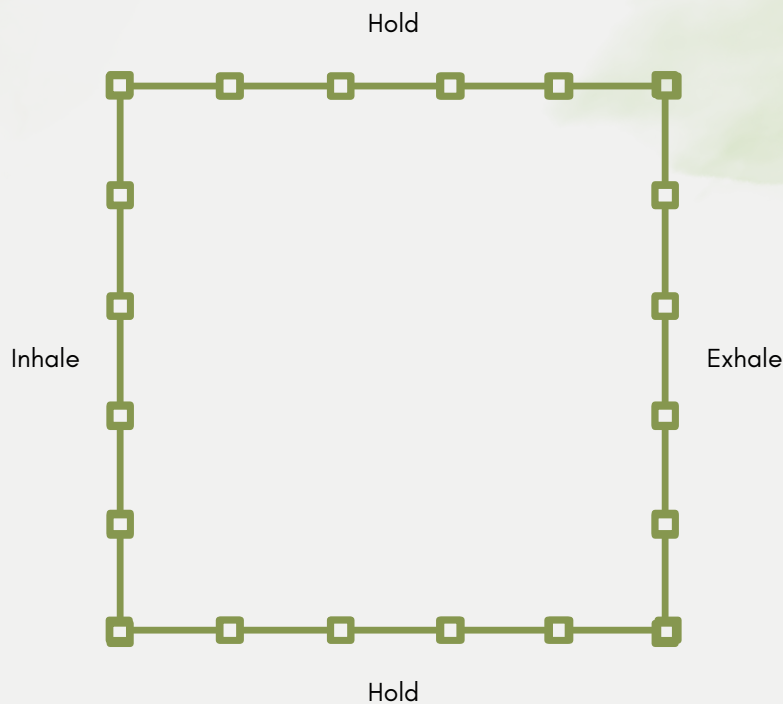




The 3- Minute Calm Method

Step 1

Breathe (1 Minute): The 4x5 Technique



1. **Inhale** deeply through your nose for **5 seconds**.
2. **Hold** your breath for **5 seconds**.
3. **Exhale** slowly through your mouth for **5 seconds**.
4. **Hold** for **5 seconds**.

(Repeat 3 times to regulate your nervous system.)

👉 This slows your heart rate and shifts your body out of panic mode.

Step 2

Ground Yourself (30 Seconds): The 5-4-3-2-1 Method



1. **5 Things You See** – Name five objects around you.
2. **4 Things You Can Touch** – Feel your clothes, a chair, or the floor.
3. **3 Things You Hear** – Listen to a fan, birds, or distant voices.
4. **2 Things You Smell** – Notice a scent nearby (coffee, air, soap).
5. **1 Thing You Taste** – Focus on your tongue or sip water.

👉 This brings you back to the present moment and interrupts anxious thoughts.

Step 3

Release Tension (30 Seconds): Quick Body Scan



1. **Clench your jaw** for 5 seconds, then slowly release while exhaling.
2. **Tense your shoulders** for 5 seconds, then release.
3. **Clench your fists** for 5 seconds, then release.
4. **Press your feet** into the ground for 5 seconds, then release.

👉 This helps release built-up stress in your muscles.

Step 4

Redirect (1 Minute): Mantra or Gratitude Shift



Repeat a calming mantra, like:

1. "I am stronger than my thoughts."
2. "I am safe, I am grounded, I am present."
3. "This feeling is temporary. I choose peace."
4. "With every breath, I grow calmer and more in control."
5. "I release what I cannot control and focus on what I can."
6. "Every breath I take fills me with calm and clarity."
7. "I trust myself to handle whatever comes my way."
8. "I let go of stress and embrace peace in this moment."

OR List 3 things you're grateful for to shift your focus.

👉 This reprograms your brain to move away from panic.

A thank-you offer: Results you can *feel*

When emotions flare and the stakes are high, those calming breaths—count, hold, exhale—often slip our minds.

That's why we developed [The 3-Minute Stress Relief Kit] – guided audio sessions engineered to calm your nervous system and boost your confidence, all on autopilot.




What's inside


A collection of bite-sized, scenario-specific audio sessions that combine guided breathing and calming visualization to help reset your mind in around 3 minutes.


Just press play and follow the guidance. Within a few minutes, you'll be able to step back with confidence and ease.

[→ Learn more](#)

How does it work

 **Built-in rhythmic breath cues** – The voice guidance keeps you at the ideal pace – so you breathe correctly without thinking, no more counting in your head.

 **Tailored visualizations:** Each session's script is designed to evoke imagery that addresses a specific real-life stress scenario.

 **Alpha-wave sound bed** – Each session is embedded with precisely tuned Alpha wave audio signals in the background – frequencies scientifically shown to promote calm, focus, and mental clarity.



[The 3-Minute Stress Relief Kit]

~~Originally priced \$25~~

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And

Bonus e-book

included in the offer:



E-book

[Defeating Anxiety: Proven Techniques to Regain Control and Find Peace]

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