

STRESS PAUSE CARD



A quick guide to regaining calm in the moment

1 | Notice

Pause. Recognize you're feeling stressed without judgment.

2 | Breathe

Inhale deeply for 4 seconds

Hold for 4 seconds

Exhale slowly for 6 seconds

Repeat 3–5 times.

3 | Ground

Name 3 things you can see,
2 things you can hear,
and 1 thing you can feel.

4 | Reset

Ask yourself: *What's my next small step?*

