



Stress Reset Tools

Stress doesn't always require a long break, a full day off, or a major change. Often, what helps most in the middle of a stressful workday is a small reset that tells your nervous system it's okay to slow down.

These micro-tools are designed to help you pause, recalibrate, and regain enough clarity to take your next step. You don't need to use all of them. Try one or two and notice what helps.



Body-Based Resets

When stress shows up physically

Stress often appears in the body first. Tight shoulders, shallow breathing, restlessness, or fatigue are signs that your nervous system is on high alert. Body-based resets work by sending physical cues of safety, which can help your mind settle.

Try this:

- Slow your breathing by extending your exhale
- Place both feet flat on the floor and press them down gently
- Roll your shoulders back and relax your jaw

Even small physical shifts can reduce tension and help your body feel more grounded.



Mental Resets

When your thoughts feel busy or stuck

When stress lives in your head, it often shows up as racing thoughts, overthinking, or mental looping. Mental resets help interrupt that cycle and bring your attention back to the present.

Try this:

- Silently name what you're feeling
- Write down everything on your mind without organizing it
- Ask, "What is the smallest next step I can take?"

Getting thoughts out of your head and onto paper can make stress feel more manageable.

Environmental Resets

When stress feels situational

Sometimes stress isn't internal. It's environmental. Noise, interruptions, lighting, or prolonged screen time can quietly amplify stress levels.

Your environment plays a larger role in stress than we often realize. Small changes can make a noticeable difference.

Try this:

- Stand up and move to a different space
- Take a brief walk or step outside
- Drink a full glass of water slowly

Changing your surroundings, even briefly, can help reset your focus.



Emotional Resets

When stress feels personal or intense

Emotional stress can feel heavy and isolating, especially at work. Emotional resets help create self-compassion and connection during difficult moments. Emotional stress is easier to carry when it's acknowledged instead of ignored.

Try this:

- Replace harsh self-talk with neutral language
- Remind yourself, "This is hard, and I'm allowed to pause"
- Reach out to someone safe with a short check-in message

You don't need to solve the emotion. You just need to create a little space around it.

A Quick Reminder

You don't need to eliminate stress completely. You just need to reset enough to move forward.

