



Emotional Wellness



6 Quick Stress Relievers You Can Use at Work

Work can be fast-paced, and stress often builds without us realizing it. The good news? You don't need a long break to reset. Even 1–3 minutes of mindful pause can reduce tension and help you refocus. Try these micro-moments of calm throughout your day:

1. 60-Second Breathing Reset

Close your eyes (or soften your gaze) and inhale slowly through your nose for 4 counts. Hold for 2 counts. Exhale through your mouth for 6 counts. Repeat for one minute. This simple pattern tells your nervous system: It's safe to relax

2. Shoulder Drop Release

Raise your shoulders toward your ears as you inhale. Exhale and let them drop completely. Repeat 3–5 times. Notice how your jaw and neck soften too.

3. Grounding Through Senses

When your mind feels scattered, use the "5–4–3–2–1" method:

- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste

This quick grounding exercise brings you back into the present.

4. Mini Stretch Break

Stand up and reach your arms overhead, elongating your spine. Slowly roll down to touch your toes (or as far as is comfortable). Hold for a breath, then roll back up. Repeat 2–3 times to restore circulation and energy.

5. Mindful Pause at Your Desk

Before jumping into your next task, pause and place one hand on your chest. Feel your breath rising and falling for three cycles. Acknowledge: I'm here, I'm okay, I'm moving forward with ease.

6. Micro-Gratitude Shift

Jot down one thing—big or small—that you're grateful for right now. This simple act shifts your brain from stress to possibility.

Extra Tip

Pair a micro-moment of calm with natural pauses in your day: waiting for a meeting to start, between emails, or before a call. Over time, these small resets build resilience and help you show up at your best.

Remember: You don't need hours to recharge. Even one mindful breath can change the course of your day.

