



# 5 Real-Time Stress Busters

Stressful experiences can help shape your life in positive ways.

On the flip side, feeling constantly stressed can lead to serious health problems over time. Take mini-breaks throughout your day to help relieve high stress.



1. **Get calm:** Slowly breathe in for a count of 4 breaths, hold it for 4 breaths and then breathe out for 4 breaths. Repeat this cycle 10 times.
2. **Get focused:** If your thoughts are racing, try counting backwards by 3, starting from 100.
3. **Get relaxed:** Tense each muscle group for 10 seconds, one at a time, and then release it.
4. **Get grounded:** Focus on your surroundings. Close your eyes and notice the smells, sounds and temperature.
5. **Savor small successes:** Think about 3 things that went well today.