



1. Pause: Take 3 slow breaths—count them aloud if you can.
 2. Ground: Feel your feet on the floor or touch something solid (desk, wall).
 3. Name It: Say to yourself, “This is stress, not me.”
 4. Shift: Pick one small action—like sipping water or stepping outside.
 5. Move: Walk 10 steps or change your spot to reset your brain.
- Quick Tip: Practice this once today to make it second nature!**