

Stress Management: 5 Quick Techniques to Regain Calm in Minutes

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Simple practices to reset your mind and body, anytime, anywhere.

Stress is a natural response, but chronic stress can wear you down emotionally, mentally, and physically. You don't always have hours for meditation or long walks, but even short practices can make a huge difference.

5 Quick Stress-Relief Techniques

1. **Box Breathing** – inhale 4, hold 4, exhale 4, hold 4; repeat for 1–2 minutes
2. **Micro-Movement Breaks** – stretch, roll shoulders, or walk for 1–3 minutes
3. **Grounding Exercise** – notice 5 things you can see, 4 touch, 3 hear, 2 smell, 1 taste
4. **Mini Journaling** – write down one stressor and one thing you can control
5. **Anchor Words** – choose a calming word and repeat while breathing slowly

These techniques reset your nervous system, help you regain clarity, and reduce the risk of burnout over time.

Book a one-on-one coaching session to develop a stress-management plan tailored to you.