

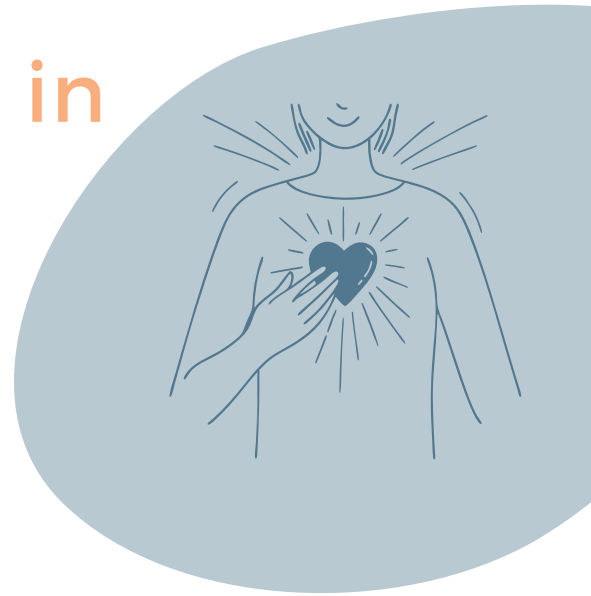
10-MIN ACTIVITIES FOR MANAGING STRESS

10 minute check in

Rate your stress 1-10

Notice physical signs (tension, fatigue, headaches)

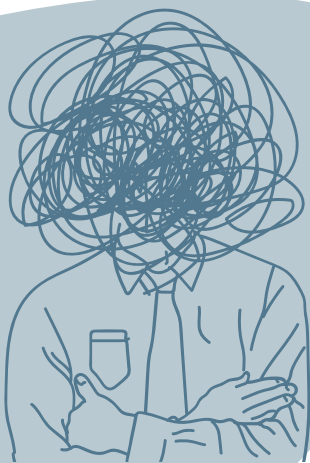
Release tension with a simple breathing exercise



10 minute reset

Schedule regular micro-breaks:

- Look away from your screen
- Take a few slow deep breaths
- Stand up and stretch your body
- Step away from your desk
- Go for a short walk outside



10 minute focus

List your current tasks

Label them: Urgent, Important, Later

Focus on your top 1 or 2 priorities

Remember: Not everything important is urgent.

