

## Feeling overwhelmed?

Use this quick, 3-minute reset to regain focus and calm your mind.

# 3-Minute Stress Reset

## (Quick & Easy Guide)

Quick Techniques to Regain Your Calm

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### Step 1:

## Deep Breathing

(60 seconds)

- Inhale through your nose for 4 seconds
- Hold your breath for 4 seconds
- Exhale slowly through your mouth for 6 seconds
- Repeat 4-5 times, focusing only on your breath

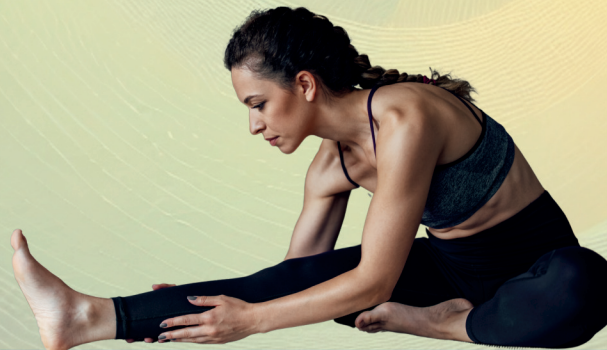


### Step 2:

## Progressive Muscle Relaxation

(60 seconds)

- Tense your shoulders for 5 seconds, then release.
- Clench your fists for 5 seconds, then relax.
- Squeeze your legs and feet for 5 seconds, then let go.
- Work from head to toe, releasing tension as you go



### Step 3:

## Mindset Shift

(60 seconds)

- Identify one small thing you can control right now.
- Remind yourself: "I have the power to change my response."
- Visualize stress leaving your body with every exhale.
- End with a positive affirmation: **"I am calm and in control."**

