

5 Quick Stress Relief Activities for Tampa Folks

1. Car Breath Breaks

The next time you're stuck on I-4 or I-275, try this: inhale for four counts, hold for four, exhale for six. Repeat a few times. It slows your nervous system and helps you feel less trapped in traffic.

2. Grounding Walk

Step outside—even if it's just your backyard or apartment balcony. Notice five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.

This grounds you in the present moment.

3. Hurricane Prep Reset

Instead of doom-scrolling weather updates, set a timer for 10 minutes to check forecasts, update supplies, or tidy a corner of your home.

Giving yourself a small, controlled action lowers the sense of overwhelm.

4. Stretch It Out

Sit tall, roll your shoulders, tilt your head gently side to side, then stretch your arms overhead. Just a few minutes of movement relieves muscle tension from work and driving.

5. Gratitude Shift

Write down three things you're thankful for today—big or small. Gratitude literally rewires the brain toward positivity, which helps buffer against stress.

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