

5 Quick Stress Relief Activities for Work

1. Desk Breathing Reset

Sit tall, place both feet flat on the floor, and close your eyes for a moment. Inhale deeply for four counts, hold for two, and exhale for six. Even one minute of focused breathing can reduce anxiety and improve focus.

2. Micro Stretch Breaks

Stand up once every hour. Roll your shoulders, then do a slow neck roll. Standing or seated take a slow, deep breath and stretch your arms overhead. Then slowly exhale through your mouth and bend down and touch your toes. You can modify this by letting your arms dangle downward, instead of touching your toes. Whatever makes you comfortable.

3. 5-Senses Grounding

When stress spikes — before a meeting or after a tough call — name five things you see, four you hear, three you can touch, two you smell, and one you can taste. This helps calm racing thoughts.

4. Step Outside for Fresh Air

If possible, take a short walk outside the building. A quick dose of natural light and fresh air (even Florida humidity!) helps clear mental fog and reset your mood.

5. Mindful Minute

Before diving into your next task, pause and ask: “What’s one thing I need to finish first?” Setting a clear micro-goal keeps your mind from spinning and reduces the “everything at once” feeling.

6. Gratitude Sticky Notes

Keep a sticky pad at your desk. Write down one thing you’re grateful for each day — a coworker’s kindness, your lunch break, or even working AC. Gratitude lifts mood and helps balance stress.

