

Science-Based | Instant Relief | Printable

# Stress Management Toolkit

*10 Evidence-Based Techniques That Actually Work*

---



By **GrabGuides**  
grabguides.com

## The 10 Techniques

1. Box breathing - 4-4-4-4 pattern, instant nervous system reset
2. Time blocking - schedule tasks, don't just list them
3. Exercise - 20 min walk drops cortisol 30%
4. Journaling - brain dump for 10 min, no editing
5. 2-minute rule - if it takes <2 min, do it now
6. Boundary setting - 'No' is a complete sentence
7. Sleep prioritization - 7-9 hours is non-negotiable
8. Progressive muscle relaxation - tense, hold, release
9. Social connection - text one person daily
10. Nature exposure - 20 min outside daily, no phone

## The 60-Second Emergency Technique

When stress hits hard and you need relief NOW:

1. Plant both feet flat on the floor
2. Take 4 slow box breaths (4-4-4-4)
3. Name 5 things you see around you
4. Ask: 'Will this matter in 1 year?'
5. Take one small action - any action

### [KEY] Acute vs Chronic Stress

Acute stress (presentation, tough conversation) is useful - it sharpens focus. Chronic stress (weeks of overwhelm without recovery) is what destroys health. These tools interrupt chronic stress before it becomes burnout.

## Weekly Stress Audit

Day	Stress (1-10)	Main Trigger	Tool Used
Mon	___	_____	_____
Tue	___	_____	_____
Wed	___	_____	_____
Thu	___	_____	_____
Fri	___	_____	_____
Sat	___	_____	_____
Sun	___	_____	_____

## Signs You Need Professional Help

- Chronic sleep problems (weeks of <6 hrs)
- Frequent physical symptoms (headaches, tension, stomach)
- Difficulty concentrating at work
- Isolation from friends and family
- Using alcohol or substances to cope
- Feeling hopeless for 2+ weeks

### [HELP] Crisis support

988 (call or text) is the Suicide and Crisis Lifeline - 24/7, free, confidential. If you're not in crisis but need someone to talk to, Crisis Text Line: text HOME to 741741.

## Ready for the complete system?

*This free guide is a starting point.*

*The paid guide gives you the complete step-by-step system.*

### **Anxiety Relief Workbook - \$18**

[grabguides.com/products/anxiety-workbook](https://grabguides.com/products/anxiety-workbook)

[grabguides.com](https://grabguides.com)