

5-Minute Stress Relief for Real Estate Agents

Beyond the Sale™

Take a deep breath. You've got 5 minutes. Let's reset.



MINUTE 1: BREATHE

- Inhale for 4 counts
 - Hold for 4 counts
 - Exhale for 6 counts
 - Repeat for one full minute
- (This tells your nervous system: "I'm safe.")*



MINUTE 2: BODY CHECK

- Drop your shoulders
- Unclench your jaw
- Relax your tongue
- Wiggle your fingers and toes
- Roll your neck slowly side to side



MINUTE 3: GROUND YOURSELF

- Name 3 things you see
 - Name 2 things you hear
 - Name 1 thing you feel/touch
- (This pulls your mind back to the present.)*



MINUTE 4: REFRAME THE MOMENT

Ask yourself:

- What do I need right now?
 - What can wait?
 - What would I say to a friend feeling this way?
- (Be as kind to yourself as you would to them.)*



MINUTE 5: SHIFT YOUR STATE

Choose one:

- Step outside for fresh air
- Stretch your arms overhead
- Sip water slowly
- Put on a favorite song

Reminder. *You don't have to do it all. You just have to take the next small step. You're allowed to pause.*

