5-Minute Stress Relief for Real Estate Agents

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 I 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

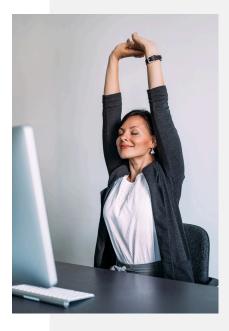
Choose one:

- 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.







livebeyondthesale.com