



Stress Reset in 3 Breaths

A 2-minute practice to reset, refocus, and restore.



Your breath is a built-in reset button—always available, always free.

Quick Start Guide

How to Use the Stress Reset Tool

(3 Steps in 2 Minutes)

Stress is inevitable, but how you respond to it can shift everything. This simple practice helps you calm your body, clear your mind, and center your focus in just three intentional breaths.

Use it:

- Before stepping into a meeting or presentation
- Between tasks when your mind feels scattered
- In moments of tension, overwhelm, or fatigue

Set aside just two minutes. All you need is your breath.

The Stress Reset Tool



Breath 1

- Inhale slowly through your nose.
- Exhale fully through your mouth.
- Release your shoulders—let them drop away from your ears.



Breath 2

- Inhale deeply, filling your chest.
- Exhale with ease.
- Release your jaw—soften the muscles in your face.



Breath 3

- Inhale fully, imagining new energy entering your body.
- Exhale slowly, longer than your inhale.
- Release the weight you've been carrying—let your body feel lighter.

Optional: Place a hand on your chest or belly to feel your breath anchoring you to the present moment.

Tips for Success



- Lengthen your exhale. A longer exhale signals safety to your nervous system.
- Close your eyes if possible. Reducing external stimulation deepens the reset.
- Anchor with posture. Sit tall or stand with feet grounded. Your body signals readiness to your mind.
- Repeat for 2–3 rounds. Give yourself more space if the first round isn't enough.
- Pair with a cue. For example, every time you close your laptop, pause for 3 breaths before moving on.

Reflection & Growth

How did I feel before and after this reset?

What situations most call for a reset in my day?

What reminder or cue will help me practice this consistently?

Who on my team or in my circle could benefit from learning this?

Pro tip: Make it collective. Start a meeting with a shared 3-breath reset to create calm and focus for the whole team.

Next Steps - From Release to Resilience

Stress is inevitable. Burnout isn't.

Small resets like this help you release stress and recover in the moment

But what if you could build resilience over time?

It's about learning to reset again and again—especially when life and leadership are relentless.

Seasons of Flourishing can help you do just that. It's a wellbeing program that equips you to:

- Strengthen your nervous system through daily practices
- Build resilience before stress becomes burnout
- Show up calm, centered, and clear for yourself and others

Ready to build resilience that lasts?

Learn more about our **Seasons of Flourishing** wellbeing program on the next page.





SEASONS OF FLOURISHING

A Wellbeing Program for Leaders

Like tending a garden, wellbeing requires intention, care, and rhythm.

These workshops invite you to nourish yourself emotionally, mentally, and physically.



7 90-min. Live Teaching Sessions

Interactive sessions grounded in positive psychology



Private Online Community

A confidential space to connect, share, and be supported throughout the journey



6 1-hr Group Coaching Sessions

A space for integration, insight, and peer reflection



Monthly Office Hours

Drop in for encouragement or deeper conversation



Personalized Wellbeing Blueprint

A guided tool you'll create to map unique rhythms and habits for renewal



1:1 Coaching Session (within 90 days post-program)

A follow-up opportunity to anchor and sustain your growth



Downloadable Workbook + Tools

Reflection prompts, micro-practices, templates, guides



Quarterly Alumni Circles

Live community gatherings to reconnect, reflect, and stay rooted beyond the program



Certificate of Completion

For personal recognition and accomplishment

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