**Activity Title:** Two-minute Stress Relief Cards  
**Well-Being Dimension:** Emotional  
**Complexity Rating (1 to 3):** 1  
**Required Resources/Materials:** Copies of the attached Stress Relief Cards  
**Authors:** Renee Branson, Renee Branson, RB Consulting, LLC, rb@reneebranson.blog, www.reneebranson.blog

### LEVEL ONE (INDIVIDUAL PRACTICE)

**Activity Objective:**
To provide suggestions for quick, easy ways to reduce tension and stress in the middle of the workday.

**Well-Being Connection (How/Why Does this work?)**

**Procedure**

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
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<tbody>
<tr>
<td>a. Preparation</td>
<td>Make copies of the attached Two-Minute Stress Relief Cards on postcard-sized card stock. Plan on where and how to distribute cards. Suggested locations: kitchen/ cafeteria, workrooms, in mailboxes, bathrooms, conference rooms.</td>
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<tr>
<td>b. Day-of:</td>
<td>Send an email alerting people that they will begin seeing the Two-Minute Stress Relief Cards around the office. In the email, inform them that even a couple of minutes a day can help reduce levels of cortisol, the hormone that creates stress.</td>
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<td>c. eFollow-up:</td>
<td>Send a follow-up email asking for feedback about how people have included the ideas into their routine. Ask them to share some of their own ideas for quick relaxation.</td>
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**Suggestions for Resources**

1. RB Consulting, LLC- Renee Branson conducts resilience workshops that focus on self-care and the hierarchy of needs. www.reneebranson.blog, rb@reneebranson.blog, 434-326-6620.
2 MINUTE stress relief

Let your mind wander...

DRAW
A
DOODLE!

get up and...
STRETCH

BREATHE~
INHALE 4 COUNTS
HOLD 4 COUNTS
EXHALE 8 COUNTS