



Petal & Paper

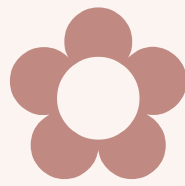
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Stress relief quick reference card



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I N T H E M O M E N T

stress toolkit

Physical (fastest) · Cold water on wrists and face · 10 jumping jacks

Breathing (30 seconds) · 4 counts in · 7 hold · 8 out · repeat × 4

Grounding (2 minutes) · Name: 5 things you see · 4 hear · 3 touch · 2 smell · 1 taste

Thought interruption · 'Is this thought true?' · 'Will this matter in a week?'

Reset · Walk outside for 5 minutes if possible · even 2 minutes helps

Call someone · Name: _____ Tel: _____

If stress is chronic · GP referral to IAPT · Samaritans: 116 123 (free 24/7)

S T R E S S I S T H E B O D Y P R O T E C T I N G Y O U
— W O R K W I T H I T

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