

# Auntie Stress Reset 21 small actions to help regulate stress

Stress is a natural part of life, and the goal is not to eliminate it completely. In moderate amounts, it can support performance, but when prolonged, it can affect both wellbeing and health.

This calendar includes 21 small, research-based practices that can help you regulate stress and find ways to recover that work for you. You can move at your own pace without any pressure. Even small insights are enough.

If you are looking for support or new perspectives for your situation, [explore Auntie's discussion packages](#).

The packages include online sessions with an Auntie expert, and the content is always tailored to your goals and needs.

## Get to know Auntie's services



1.

### Start here

When you take a moment to pause and reflect, it can help you gain a clearer sense of your situation.

Start by taking [Auntie's stress test](#) by scanning the QR code next to this. What do you notice?



2.

Schedule two microbreaks into your workday, for example one in the morning and one in the afternoon.

*Short 1 to 2 minute breaks help your body and mind recover. You can, for example, walk to another space for a moment, look out the window, or enjoy a cup of coffee calmly while focusing on your senses.*

3.

Try taking three breaths where the exhalation is longer than the inhalation.

*A longer exhalation activates the body's calming system, the parasympathetic nervous system, which helps the body recover from stress.*

4.

Sleep is a key part of recovery and stress regulation. Wind down your evening without screens before going to bed.

*Evening screen use activates the brain and can affect sleep quality. A calm evening supports recovery.*

*Auntie's [Sleepless in Seattle package](#) offers support if you want to improve your sleep habits.*

5.

Do a sensory scan: name 5 things you can see, 4 you can feel, 3 you can hear, 2 you can smell and 1 you can taste.

*Focusing on your senses helps shift attention away from stressful thoughts to the present moment, which supports calming the body and mind.*

6.

Weekend: Spend some time in nature, for example by taking a walk in the forest without any rush or goal.

*Just 20 minutes in a forest environment can be an effective way to reduce stress. Research shows it can lower heart rate, blood pressure and help the body recover from stress.*

7.

Weekend: Give yourself a moment, or several, without plans or the need to achieve anything.

*Recovery requires moments of rest. Time without goals helps the body and mind recover from strain.*

8.

Pause for a moment and notice how you relate to stress right now.

*Stress is not always purely negative. In the right amount, it can increase energy, improve focus and support you in taking action. When you learn to recognize different aspects of stress, your confidence in your own abilities can grow and finding solutions may become easier.*

9.

Notice in your daily life which things are draining and which help you recover or bring you joy.

*Balance in your day is shaped by the relationship between these. When you recognize what drains you and what helps you recover, you can influence your own wellbeing.*

10.

If you wish, you can explore your own ways of regulating stress in Auntie's [Stressed Out package](#) together with our expert.

*You do not need to feel highly stressed to benefit from these discussions. It is helpful to practice ways of regulating stress in advance, so they are available when you need them most.*

11.

Write down one thing that is worrying you and set aside a specific time to return to it later.

*Limiting worries to a specific moment can help prevent them from constantly looping in your mind and can reduce strain.*

12.

Pause for a moment and clarify the most important things for today by writing down your top three tasks. When you complete one, cross it off and move on to the next.

*When there is a lot to do, thoughts can become overloaded and concentration becomes more difficult. Focusing on one thing at a time can create a sense of control and make it easier to concentrate and get things done.*

13.

Weekend: Pause and notice what kind of expectations you set for yourself. For example, the thought that everything should be done before you can rest may increase strain.

*Dare to question your thoughts and shift your focus to those that are helpful in the moment. What would a compassionate inner coach say to you right now?*

14.

Weekend: Bring your attention to the present moment. What is happening right now? Notice your body, your feelings and your sensations.

*Practicing presence helps calm the mind and create a sense of safety in the moment. As the nervous system settles, thoughts can also become clearer.*

15.

Move your body for a moment during the day, for example with a short walk or light stretching.

*Light movement helps regulate the nervous system, ease stress and support recovery.*

16.

Set aside 25 minutes of focused time for one task. Turn off notifications and other distractions and set a timer for 25 minutes. When the time is up, acknowledge your progress and thank yourself.

*Working without interruptions helps calm your nervous system and builds a sense of control over your work and your ability to get things done.*

17.

Create a small end-of-day routine that helps you transition to the next part of your day.

*A clear transition can help your mind let go of work and support recovery, even when the rest of your day continues actively.*

18.

Choose one thing you have been putting off and do it for five minutes.

*Getting started is often the hardest part. A small beginning is enough to get things moving and can ease the feeling of strain.*

19.

Write down three things you can thank yourself for this week. It can be something you achieved, made progress on, or the way you treated yourself or others. Small things are enough.

*In everyday life, attention often focuses on what is unfinished or what has not gone as planned. Noticing the good strengthens the mind and helps balance strain.*

20.

Weekend: Do something that feels genuinely light and enjoyable to you.

*Positive experiences and enjoyable activities support recovery and help balance strain.*

21.

Weekend: Pause for a moment and notice what has helped you cope recently. Was there something from this calendar that worked especially well for you?

*Recognising what works for you helps strengthen those habits and supports your wellbeing going forward.*