

Stress Reset Toolkit



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Part of the Root Cause Reset

Simple Tools to Calm Your Nervous System, Support Your Adrenals, and Boost Energy



Stress can silently sabotage your results — even if you're eating well, exercising consistently, and doing "all the right things." When your nervous system is on high alert, it can impact your hormones, digestion, sleep, and energy levels. The good news? Small, intentional practices can make a huge difference. This toolkit gives you simple strategies to reset your stress, support your body, and feel more balanced every day.

1. Breathing Exercises

Breathwork is one of the fastest ways to calm your nervous system and reduce cortisol. Try these:

- **Box Breathing:** Inhale for 4 counts → hold for 4 → exhale for 4 → hold for 4. Repeat 4–5 times.
- **4-7-8 Breathing:** Inhale for 4 → hold for 7 → exhale for 8. Repeat 3–5 cycles.
- **Diaphragmatic Breathing:** Place one hand on your belly, inhale deeply through your nose allowing your belly to rise, exhale slowly. Repeat for 2–3 minutes.

2. Journaling Prompts

Writing can help process stress, clarify your thoughts, and support emotional balance. Try one or two of these prompts daily:

What am I grateful for today?

What is one thing I can let go of today?

How did my body feel today? Where did I feel tension or discomfort?

What small action can I take to care for myself right now?

3. Mind & Body Tools

These practices go beyond breathwork and journaling to help your body release stress and reset more deeply:

- **Tapping (EFT – Emotional Freedom Technique):** Gently tap on specific acupressure points while repeating a positive affirmation or focusing on a stressful thought. This can reduce anxiety and calm the nervous system.

- **Aromatherapy:** Essential oils like lavender, bergamot, or frankincense can help reduce tension and promote relaxation. Diffuse them in your bedroom, add a few drops to a bath, or inhale directly for a calming effect.
- **Meditation:** Even 5–10 minutes a day of guided meditation or silent mindfulness can lower cortisol and improve focus, energy, and mood. Apps or YouTube guided sessions make this easy.
- **Gentle Movement:** Tai chi, yoga, or a short walk outside can release built-up tension, improve circulation, and boost endorphins.
- **Music or Sound Therapy:** Listening to calming music, nature sounds, or binaural beats can help shift your nervous system from fight-or-flight to rest-and-digest.
- **Progressive Muscle Relaxation:** Slowly tense and release each muscle group, starting from your feet and moving up to your head, to release physical tension and stress.

3. Bedtime Routine Ideas

A consistent, calming bedtime routine signals to your body that it's time to relax and repair. Consider:

- **Wind down 30–60 minutes before bed:** dim lights, turn off screens, and engage in quiet activities.
- **Gentle stretches or yoga:** helps release tension in your muscles.
- **Warm bath or shower:** relaxes the body and mind.
- **Journaling or gratitude practice:** reflect on the day and release mental clutter.
- **Herbal tea or warm milk:** chamomile or other calming blends can support relaxation.

Quick Tips & Final Thoughts

Even 5–10 minutes of intentional stress relief can help balance your hormones and energy.

Try pairing breathing exercises with journaling or stretching for an even greater effect.

Consistency matters — small daily actions beat occasional long sessions.

This Stress Reset Toolkit is designed to give you practical, easy-to-implement tools to support your adrenals, calm your nervous system, and keep your body in balance. Think of it as a companion to the Root Cause Reset — helping you feel more energized, centered, and resilient every single day.