

5-Day Stress Reset Checklist

Pretty Skin Esthetics & Wellness

A SIMPLE RESET FOR YOUR NERVOUS SYSTEM, ENERGY, AND DAILY BALANCE

This 5-day checklist is designed to help you reduce stress load, support your nervous system, and create small daily shifts that improve how your body feels. No strict routines. No perfection. Just consistent, supportive habits.

Day 1: Slow Your Nervous System

- Take 10 minutes today with no input (no phone, no TV, no scrolling)
- Focus on slow breathing for 3–5 minutes (inhale 4 seconds, exhale 6 seconds)
- Notice where your body feels tense without trying to change it
- Drink water before caffeine or morning stimulation

Focus: awareness + slowing down

Day 2: Release Physical Tension

- Gentle neck, shoulder, or back stretching (5–10 minutes)
- Take at least 2 movement breaks during your day
- Unclench jaw and relax shoulders 3–4 times throughout the day
- Warm shower or heat on tight areas if needed

Focus: physical stress release

Day 3: Reduce Mental Overload

- Write down everything on your mind (no structure needed)
- Circle 1–3 priorities only for today
- Delay or remove one non-essential task
- Take a 10-minute quiet break with no stimulation

Focus: mental clarity + reducing pressure

Day 4: Support Your Energy

- Eat at least one balanced meal with protein + hydration
- Take a short walk or gentle movement (even 10–15 minutes)
- Step outside for natural light exposure
- Avoid multitasking for at least one part of your day

Focus: restoring energy balance

Day 5: Restore & Reconnect

- Do one calming activity you usually postpone (reading, stretching, resting)
- Turn off screens 30–60 minutes earlier than usual
- Reflect: “What made my body feel better this week?”
- Schedule one form of self-care for next week

Focus: recovery + intention

Optional Weekly Reset Practice

To continue supporting your stress levels:

- Repeat any day as needed
- Focus on consistency, not perfection
- Choose one small habit to carry into your daily routine

When to Use This Checklist

This reset may be helpful if you are experiencing:

- feeling overwhelmed or mentally overloaded
- difficulty relaxing or winding down
- low energy or burnout symptoms
- tension in the neck, shoulders, or body