



Stress Less, Achieve More



Calm minds get more done.

When we work from a place of focus — not frenzy — we make better decisions, think more clearly, and bring out our best.

You can reset your mind and body in just 1 minute – anywhere, anytime.

This simple breathing technique helps you re-centre, reduce stress, and refocus.



How to Do It (60 Seconds)

1. Find your posture

Sit or stand tall, shoulders relaxed.
Let your hands rest gently in your lap.

2. Inhale (4 seconds)

Breathe in slowly through your nose.
Feel your lungs expand and your belly rise.

3. Hold (2 seconds)

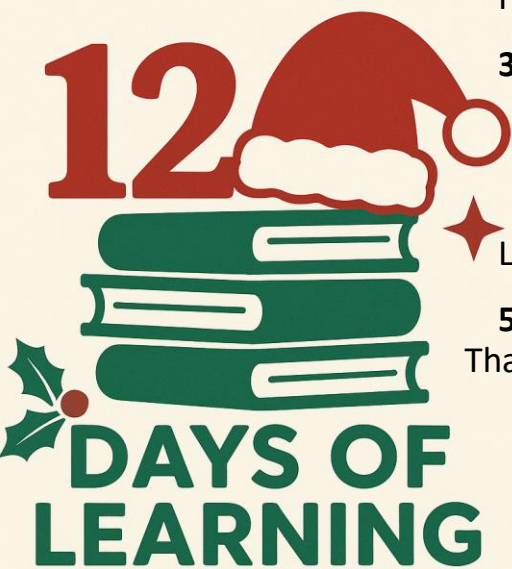
Pause. Let that calm fill your body.

4. Exhale (4 seconds)

Breathe out through your mouth, long and smooth.
Let go of tension with every breath.

5. Repeat for 3–5 rounds

That's just one minute — and your mind will thank you.



DAY 5

Part of our '12 Days of Learning' series – small ideas with BIG impact!



Why It Works

- Reduces stress hormones
- Improves concentration and clarity
- Brings you back to the present moment
- Builds emotional control and resilience



Try This:

Next time you:

- Join a meeting
- Feel distracted
- Get an email that spikes your stress
- 👉 Pause. Breathe for 60 seconds. Then continue.



Learning Challenge

Encourage your team to **pause for a minute of mindful breathing** each day this week.

Notice the difference in energy, focus, and calm.