

STRESS RESET TOOLKIT

Complete Toolkit for Managing Midlife Stress
Breathing Exercises, Boundaries & Calm Strategies

Your Complete 22-Page Toolkit:

- Emergency calm-down techniques
- Boundary-setting worksheets
- Breathing exercise protocols
- Stress prevention strategies
- Quick reference guides
- Daily stress management plan

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Chapter 1: Understanding Midlife Stress

Stress affects women differently during menopause.

Cortisol and hormonal changes amplify stress response.

STRESS MULTIPLIERS IN MIDLIFE:

- Hormonal fluctuations

- Sleep disruption

- Caregiving responsibilities

- Career transitions

- Relationship changes

- Health concerns

WARNING SIGNS OF CHRONIC STRESS:

- Constant fatigue

- Frequent illness

- Irritability or anger

- Sleep problems

- Digestive issues

- Memory problems

- Feeling overwhelmed

Chapter 2: Emergency Calm-Down Techniques

Use these when stress levels spike suddenly.

THE STOP TECHNIQUE:

S - Stop what you're doing

T - Take a deep breath

O - Observe your thoughts and feelings

P - Proceed with awareness

5-4-3-2-1 GROUNDING:

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

COLD WATER RESET:

• Splash cold water on wrists

• Hold ice cubes in palms

• Drink cold water slowly

Chapter 3: Boundary-Setting Worksheets

Protect your energy with clear boundaries.

BOUNDARY ASSESSMENT:

I often say yes when I want to say no

â–j Never â–j Sometimes â–j Often â–j Always

I feel guilty setting limits with others

â–j Never â–j Sometimes â–j Often â–j Always

I take on others' responsibilities

â–j Never â–j Sometimes â–j Often â–j Always

BOUNDARY SCRIPTS:

For saying no: "I appreciate you thinking of me,
but I can't commit to that right now."

For time limits: "I have 15 minutes to chat."

For emotional boundaries: "I care about you,
and I need to focus on my own challenges."

Chapter 4: Breathing Exercise Protocols

Master these breathing techniques for instant calm.

BOX BREATHING (4-4-4-4):

1. Inhale for 4 counts
2. Hold for 4 counts
3. Exhale for 4 counts
4. Hold empty for 4 counts

COHERENT BREATHING (5-5):

- Inhale for 5 seconds
- Exhale for 5 seconds
- Continue for 5-10 minutes

BELLY BREATHING:

1. Hand on chest, hand on belly
2. Breathe so only bottom hand moves
3. Slow, deep breaths
4. Focus on the rise and fall

Chapter 5: Daily Stress Management Plan

Create sustainable stress management habits.

MORNING STRESS PREVENTION:

- â–| Wake up 15 minutes earlier
- â–| 5-minute meditation or breathing
- â–| Set intention for the day
- â–| Prepare for challenges

MIDDAY STRESS CHECK:

- â–| Body scan for tension
- â–| Stress level assessment (1-10)
- â–| Quick stress-relief technique
- â–| Boundary adjustment if needed

EVENING STRESS RELEASE:

- â–| Journal about the day
- â–| Practice gratitude
- â–| Release the day's tensions
- â–| Set tomorrow's intentions