

# How Can We Reset Stress Fast?



# Stress Spike Fix

## Stress Spike

A sudden rush of worry makes your heart pound, muscles tense, and thoughts race. This stress spike can hit before a test, game, or argument and can block clear thinking.

## Quick Reset

A 2–5 minute reset, like box breathing, tells your brain you are safe. Heart rate slows, muscles unlock, and focus returns, so you can act instead of react.

# Box Breathing

- 1 Sit tall and exhale fully.**

Plant both feet on the floor and relax your shoulders. A full exhale clears stale air and signals the cycle's start.
- 2 Inhale through the nose for four counts.**

A slow four-count inhale draws in fresh oxygen. It also activates the vagus nerve, which calms your heart rate.
- 3 Hold the breath for four counts.**

Holding the breath lets oxygen spread through the body and builds mindful control over automatic reactions.
- 4 Exhale through the mouth for four counts.**

A steady four-count exhale releases carbon dioxide. It tells the brain the threat is passing, easing muscle tension.

Trade lists with a partner. Combine ideas to beat your first score and reach five.

**Each correct  
answer**

**+1 POINT**

**Round 2: Can you beat your first score?**

**HINT:**

Add strategies you missed the first time.



Coach Calm swears box breathing works every time; Skeptical Sam says it feels fake and slow. Who's right? Pick a side and defend it.

Which matters more: speed, privacy, or science? We will vote on the best answers!

You might start: I believe \_\_\_\_ because...



# Who wins the stress-reset showdown?



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**Skeptical Sam**

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**Coach Calm**

# High Five Discussion

**Directions:** Stand up, raise your hand, and high five a classmate to be your partner. Discuss the first question for 1 minute. High five a new partner, and repeat!

1. How might box breathing feel different after a week of practice?
2. Why could someone dislike it even if you find it helpful?



**Search online. List every stress-reset or trauma-coping resource you find. Aim for at least three.**

**Each correct  
answer**

**+1 POINT**

**Round 1: How many points can you get?**

**HINT:**

Check titles, diagrams, images, and tiny captions.

# Think Pair Share

**Directions:** Think about your answer. Discuss with a partner. Then, share out as a class.

**Which box-breathing step helps you most, and what might limit its use during hectic moments?**