

## **Disclaimer**

**This section provides general guidance for stress management and relaxation techniques. These strategies are intended to support overall wellbeing and are not a substitute for medical or psychological treatment. If you experience persistent stress, anxiety, or mental health concerns, consult a qualified healthcare professional.**

## **Introduction**

A five minute stress reset is a simple, structured way to calm the mind, reduce tension, and regain focus during demanding situations. Whether before training, competition, work, or daily responsibilities, short recovery periods can help regulate breathing, lower heart rate, improve mental clarity, and support performance. These quick techniques require minimal time but can have a significant impact when practised consistently.

## **Quick Stress Reset Techniques**

### **Controlled Breathing**

Slow, controlled breathing helps regulate the nervous system and reduce immediate stress responses. Try inhaling through the nose for four seconds, holding briefly, then exhaling slowly through the mouth for six seconds. Repeat for several cycles to lower heart rate and create a sense of calm.

### **Muscle Relaxation**

Physical tension often accompanies stress. Starting from your feet and moving upward, gently tense each muscle group for a few seconds and then release. This helps reduce physical tightness and increases body awareness.

### **Mental Reset Through Focus**

Bring attention to a single point of focus, such as your breathing, posture, or surroundings. This helps interrupt negative thought patterns and promotes present-moment awareness.

### **Positive Visualisation**

Visualise a successful outcome, calm environment, or confident performance. Mental rehearsal can reduce anxiety and improve confidence before high-pressure situations.

## **Posture and Movement Check**

Stand upright, roll your shoulders back, and take a few slow breaths. A strong posture supports better breathing and can positively influence mood and confidence.

## **Brief Walk or Light Movement**

A short walk or gentle movement increases circulation, reduces mental fatigue, and helps release built-up tension.

## **Recommended Five Minute Routine**

For a simple structured reset:

1. Minute 1: Slow controlled breathing.
2. Minute 2: Progressive muscle relaxation.
3. Minute 3: Posture reset and shoulder rolls.
4. Minute 4: Positive visualisation or mental focus.
5. Minute 5: Light movement or walking.

This sequence helps calm the body, clear the mind, and restore focus efficiently.

## **Personal Experience — Zane**

During my boxing career, managing stress before fights became just as important as physical preparation. Pre-match nerves often brought tension, rapid breathing, and mental pressure, which could affect focus and performance if left unchecked. Using short stress reset techniques helped me stay composed in high-pressure moments. Over time, these quick routines became part of my preparation, helping me remain calm, focused, and mentally ready when it mattered most.

## **Final Reflection**

Managing stress effectively is an essential part of both performance and overall wellbeing. Even brief moments of intentional recovery can improve focus, reduce tension, and support better decision-making under pressure. Consistent use of simple stress management techniques can help build resilience, improve mental control, and enhance performance across training, competition, and everyday life.