

Your go-to checklist for quick, doable stress relief and lasting calm.



✓ The "Less Stress, More Yes" Checklist

Your No-Fluff Blueprint to a Calmer, Safer, Stronger You

1. Breathe Before You Break

- ✓ Try the 4-7-8 technique once daily (inhale 4, hold 7, exhale 8)
- ✓ Add 2 minutes of deep belly breathing to your morning or bedtime
- ✓ Keep a "panic breath" in your pocket: box breathing (4-4-4-4) anytime you feel tense

2. Calm Your Inner Chatter

- ✓ Use the "Name It to Tame It" technique — label your emotions
- ✓ Journal for 5-10 minutes when your thoughts spiral
- ✓ Try the "5-4-3-2-1" grounding trick to return to the present moment

3. Move That Stress Out

- ✓ Walk for 10-20 minutes after a tough day (bonus: no phone)
- ✓ Stretch or do yoga 2-3x per week
- ✓ Cancel the robot's control in watching (because it's not)

4. Eat to Beat the Freak-Out

Yes To Less Stress

Marco Casella



Yes To Less Stress:

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