

The Workplace Daily Reset

Five one-minute practices for common workday moments. Made to print, post, or share with the team.

Stress at work compounds when it goes unnoticed. This one-page reset gives a team five small practices anchored to common workday moments, so mental health support becomes part of the normal rhythm instead of a special event. Print it, leave it in the break room, or share it in Slack.

Workday moment	A one-minute reset	Why it works
Before the first meeting	Three slow breaths, longer out-breath than in. Feet on the floor.	Down-shifts the stress response so you enter the conversation steady, not reactive.
Between two hard tasks	Stand up. Look 20 feet away for 20 seconds. Roll shoulders back.	Breaks the attentional set that carries frustration from one task into the next.
After a difficult email	Name the feeling out loud, in one word. Wait before replying.	Labeling a feeling calms the same brain regions that fire when you feel activated.
Midday, before eating	One thing you are grateful for at work today. Any size counts.	Small, specific gratitude buffers workday stress and takes under a minute.
End of day	Write the one thing you will let go of before leaving. Close the tab.	A closing ritual reduces work rumination at home and improves next-day focus.

For teams: consider trying one of these together, once a day, for two weeks. Consistency beats intensity. If workplace stress is chronic or affects daily function, individual care matters too.

Learn more: Workplace Wellness at shrinkdaily.com/toolkit/workplace-daily-reset

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