

7 Quick Ways to De-Stress Today

By Healthwise

1. Breathe Box - Inhale for 4 sec, hold 4 sec, exhale 4 sec, hold 4 sec.
2. Digital Detox Hour - No screens for 1 hour before bed.
3. Magnesium Soak - Epsom salt bath calms muscles and mind.
4. 5-4-3-2-1 Grounding - Name 5 things you see, 4 feel, 3 hear, 2 smell, 1 taste.
5. Herbal Calm Tea - Try this stress-relief tea: <https://a.co/d/bxFOu39>
6. Mini Nature Walk - 10 mins. No headphones. Just breathe.
7. Gratitude Flash - Write 3 good things from today.

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