

# Stress Recovery Checklist

A quick reference guide for resetting your body and mind after high-stakes situations.

- Pause and breathe: 3–5 minutes of slow, deep breathing.
- Hydrate: Drink a glass of water to help the body shift out of stress mode.
- Move: Stretch or take a short walk to discharge residual adrenaline.
- Refuel: Eat something nourishing (protein + complex carbs).
- Reflect: Jot down key lessons learned from the crisis.
- Reconnect: Share the experience with a trusted colleague or friend.
- Rest: Schedule downtime — nap, meditation, or quality sleep.