DEEDEE OGAWA · PERSONAL TRAINING

Calm-Down Routine *For Stress & Anxiety*

About 10 minutes

Go slowly, breathe the whole time
No equipment needed
A chair or a mat if you like

01



Longer breath out

6–10 BREATHS

Hand on your belly. Breathe in through your nose for 4, then out slowly through your mouth for 6. Let your shoulders drop.

Slows the heart rate · Calms the mind

02



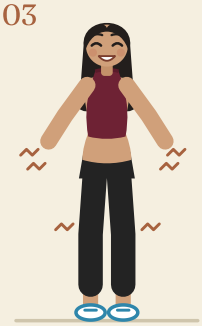
Shoulder rolls & neck release

5 ROLLS, 3 BREATHS EACH SIDE

Big slow shoulder circles, up, back, and down. Then ear toward shoulder on each side. Unclench your jaw.

Shoulders · Neck · Jaw

03



Shake it out

30–60 SECONDS

Soft knees. Shake your hands, then arms, then bounce gently and let your whole body shake loose. Then stand still and notice.

Releases nervous energy · Whole body

04



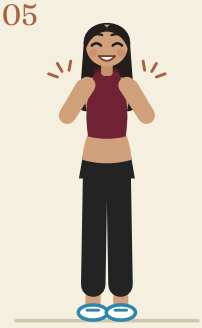
Cat and cow

8 SLOW ROUNDS

Seated, hands on knees (or on hands and knees). Breathe in, lift your chest. Breathe out, round your spine and drop your chin.

Spine · Back · Belly

05



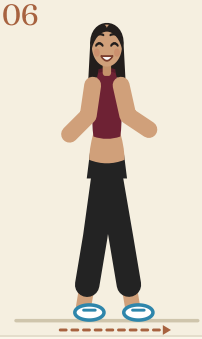
Squeeze and release

3–5 TIMES

Breathe in and squeeze your fists, shoulders, and belly tight for 5 seconds. Breathe out and let it all go at once.

Whole body · Lets go of tension

06



5-4-3-2-1 grounding walk

1–2 MINUTES

Walk slowly. Name 5 things you see, 4 you feel, 3 you hear, 2 you smell, and 1 you taste.

Back to the present · Legs

07



Resting fold

1–2 MINUTES

In a chair, fold forward over your knees and let your arms hang. Or kneel in child's pose with your forehead down. Breathe into your back.

Lower back · Hips · Rest

When to use it

Before bed, after a hard day, before a big moment, or anytime your mind is racing.

A gentle note: movement helps, but it doesn't replace care. If anxiety gets in the way of daily life, talk to a doctor or therapist. In crisis? Call or text **988**, free, 24/7.

Before you start

Move slowly and gently, and never hold your breath. If you feel dizzy, sit down and breathe normally. Skip any move that hurts, and check with your doctor if you're pregnant, injured, or have a health condition.

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