

THE 5 MINUTE
WELLNESS
TOOLKIT

**SMALL HABITS FOR CALMER
DAYS, CLEARER FOCUS, AND
MORE ENERGY.**

WELLNESS BY BELIZE

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Introduction

You don't need an hour to feel better. You don't even need ten minutes. This toolkit gives simple, science-backed practices you can use anytime — between meetings, during your commute, or when your day feels overwhelming.

What you'll find inside:

- Micro-practices that fit into real life
- Tools to calm your nervous system
- Quick resets for focus and clarity
- A printable daily reset card
- A 7-day micro-wellness challenge
- Reflection prompts + habit tracker

Small steps count.

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THE SCIENCE OF STRESS

Stress isn't the enemy — being stuck in stress mode is. When your nervous system stays in “fight or flight.” You may experience:

- Foggy thinking
- Fatigue
- Muscle tension
- Trouble sleeping

Micro-practices activate the parasympathetic nervous system — your natural calm switch.



WHY MICRO-WELLNESS WORKS

Small, repeatable actions that create big shifts over time.

Low effort → high consistency.

- Works with your biology, not against it
- Reduces decision fatigue
- Regulates stress in real time
- Builds momentum towards bigger habits

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1-Minute Breathing Resets

THE 4-2-6 METHOD

INHALE FOR 4, HOLD FOR 2, EXHALE FOR 6
REPEAT 5 TIMES



Long exhales signal safety to
the brain



2-MINUTE DESK STRETCH

Roll shoulders back 10
sec

Right ear to shoulder 20
sec

Left ear to shoulder 20
sec

Interlace fingers
overhead 20 sec

Twist left + right 20 sec
each

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3 -
MINUTE
GROUNDING
PRACTICE



Sit still and notice:

5 things you can see

4 things you can touch touch

3 things you can feel

2 things you can smell

1 thing you can taste

Brings your mind back to
the present.

FIVE MICRO-HABITS FOR STRESSFUL DAYS

SELF-CARE HABITS TO CHILL OUT



DRINK A FULL GLASS OF WATER



STEP OUTSIDE FOR 2 MINUTES



PHONE-FREE MEALS



3 SLOW BREATHS BEFORE TASKS



STRETCH HANDS + WRISTS

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NERVOUS SYSTEM BASICS

Sympathetic (alert)

The “fight or flight” response. This controls the related signals that prepare the body for stress, action, or danger. Heart rate and blood pressure increase, pupils dilate, inhibit digestion and and releases adrenaline.

Parasympathetic (calm)

The “rest and digest” response. The purpose of this response is to assist in calming the body and conserving energy. Heart rate decreases, pupils constrict, and stimulates digestion and salivation.

Micro-practices help you shift between them intentionally

Signs you need a reset:

- ✿ Shallow breathing
- ✿ Jaw tension
- ✿ Feeling on edge
- ✿ Scattered thoughts



EMOTIONAL HYGIENE

1. Label your emotion (“I feel...”)
2. Observe where you feel it
3. Hand on chest
4. Say “This is allowed”
5. One slow breath

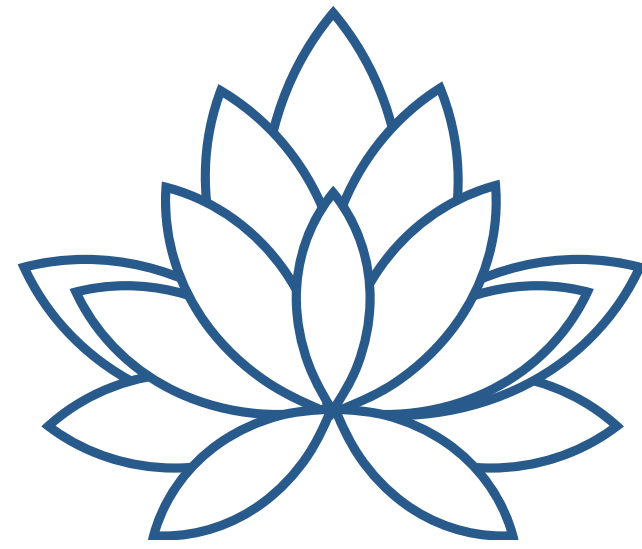


MINDFUL PRODUCTIVITY

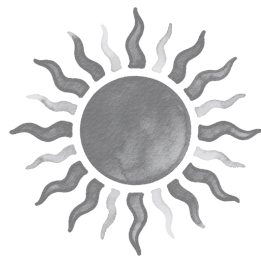
- > 5-minute task start
- > 2-minute desk tidy
- > 1-minute breath
- > 3-minute movement



Small shifts boost focus.
Shrink the task until it feels
doable



SLEEP MICRO-HABITS



Morning sunlight for 2
minutes



No phone for the first/last
10 minutes of your day



Warm drink ritual



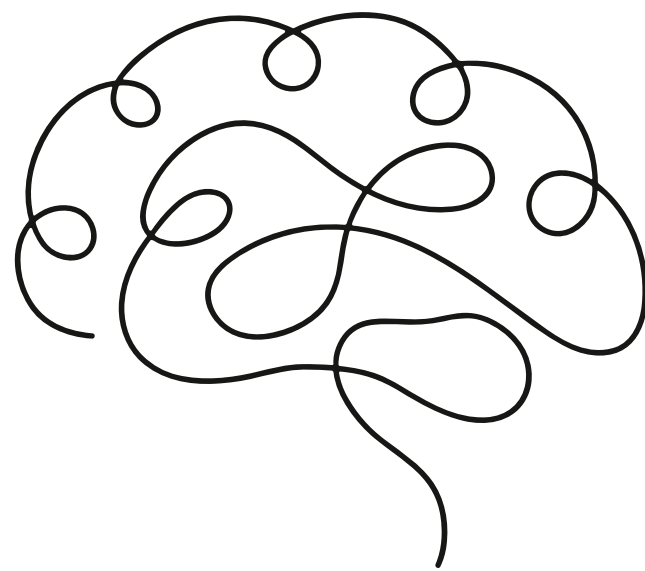
1-minute body scan
before/after sleep

Gut-Brain Basics

YOUR GUT AND BRAIN
TALK CONSTANTLY

TRY:

- Water before coffee
- Add one fibre-rich food
- Slow chewing
- Take 10 deep belly breaths





Nature-Based Micro-Moments

Nature regulates your nervous system in seconds

✿ Look at the sky

✿ Smell a flower

✿ Barefeet on the
earth

✿ Listen to nature

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Digital Detox Micro-Steps

You don't need a detox, just small boundaries

- No scroll meal
- Turn off non-essential notifications
- Phone out of sight during work blocks
- 5-minute screen-free break

SOFT-LIFE MINDSET

SOFT LIFE = EASE

TRY:

- Move slower
- Speak gently to yourself/others
- Choose the simplest option
- Let things be “good enough”



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7-DAY MICRO WELLNESS CHALLENGE

Day 1: 1-minute breath

Day 2: 2-minute stretch

Day 3: 3-minute grounding

Day 4: Drink water before coffee

Day 5: 60-second nature moment

Day 6: No-scroll meal

Day 7: 1-minute reflection

DAILY RESET CARD

Morning: 1-minute breath

Midday: 2-minute stretch

Afternoon: 3-minute grounding

Evening: 1-minute reflection



WEEKLY REFLECTION PROMPTS

What helped me feel grounded this week?

What drained my energy?

What small habit felt easy?

What do I want to repeat next week?

What's one thing I can release?

Habit Tracker

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Customize this tracker as you wish.

You don't need to overhaul your life to feel better. You just need small moments of care — repeated with love.

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