

Toolcards



CUT ALONG LINE

Rapid Relief Method

Step 1  (calming)

Step 2  (ACTIVE)

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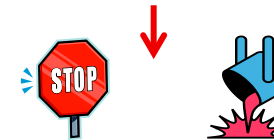
Carol's Freedom Map



Aware (changes & situations)

Check (your level)

Take ACTION! (Do 2 steps)



Step 1

Step 2

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“The Tools”

Tool #1A – RESET Breath

Tool #1B – CALM Switch

Tool #2 – Dump n Destroy

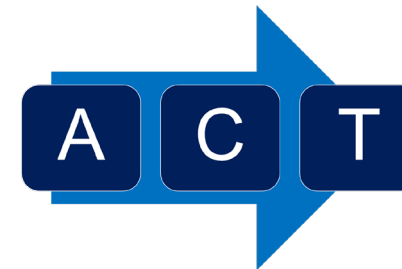
Tool #3 – Mind-Pushups

Tool #4 – Rocking Chair

BONUS TOOL: Stress Hammers

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Taken from: Work Stress Rescue



Aware (changes & situations)

Check (your stress level)

Take ACTION! (do the 2 steps)

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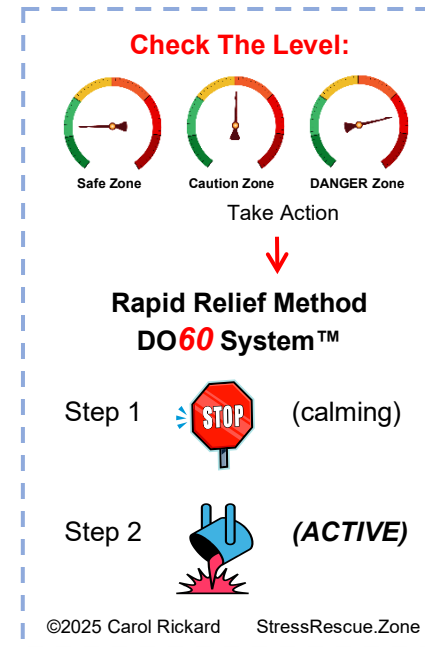
Toolcards

INSTRUCTIONS:

1. Cut along dotted line
2. Fold in middle
3. Option: Leave open & put on fridge

** Make extra copies & post as reminders where needed!

Quick Check Version:



CUT ALONG LINE

Rapid Relief Method™

Step 1  the level from rising (calming)

Step 1  So the level will drop (active)



Read
Count to 10
Take a Time Out
Listen to Music
Breathing
Prayer
Serenity Prayer
Guided Imagery
Mind Pushups /Meditate
Shower or Bath
Aromatherapy
+ Self Talk



Walk
Talk
Write / Dump
Sing / Dance
Clean
Exercise
Coloring
Punching Bag
Hobbies
Laughter
Gardening
Ho, Ho, Ha, Ha

Carol's Breathing Tools

Each one of these breaths will immediately help to "turn off" our stress response. There are three ways to do this:

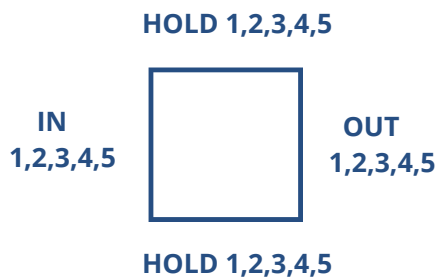
WAY #1



"The Reset Breath"

Put 1 hand on your belly & 1 hand on your chest.
Take a deep breath and concentrate on making the belly rise as you breathe! (Practice at night with a book!)
Breathe in a slow 5 count, breathe out a slow 7 count

WAY #2



"Square Breathing"

Breathe in & count to 4 in your head (1,2,3,4,5)
Hold it & count 4 in your head (1,2,3,4,5)
Breathe out & count 4 in your head (1,2,3,4,5)
Pause & count 4 in your head (1,2,3,4,5)
REPEAT!

WAY #3



"The Calm Switch"

AKA "The Sigh"

Take a breath in, then another quick breath (Quick snort!)
Let it the breath out thru your mouth very s l o w l y.....
Repeat 1-2 times. Watch Here: [Tinyurl.com/TheCalmSwitch](https://tinyurl.com/TheCalmSwitch)