

THE 10-MINUTE STRESS **RESET**

For women who feel overwhelmed, tense, or mentally exhausted.

The Stressed Out Society



**A SIMPLE,
POWERFUL RESET
FOR WOMEN WHO
FEEL
OVERWHELMED,
STUCK, OR
STRETCHED TOO
THIN.**

Hi, I'm Ceri Davies

Growing up, I always knew I wanted to help people and not in a "bandage all your relatives as a kid" kind of way, but more in a way where I could sense when someone was upset. I've always been able to read people's emotions and find patterns in behaviours.

I spent 15 years in corporate leadership roles, working within the Virgin brand. Yes, I have met Richard Branson and even spoke with him at a huge conference in Denver in the summer of 2023.

Like many women, when I had my son, I started to value my time more. I wanted to do more of what I was passionate about helping people. So, I got a life coaching qualification and did some really deep inner work so I could help others do the same. And as they say, the rest is history!

I love to learn, and I am passionate about passing on everything I've learned. That's what makes me great at what I do. I mix it with my biggest belief: "Anyone can do anything; they just need to want it enough and believe." You can earn as much money as you want.... the world is full of it. You can find the love of your life. You can change careers. With proven results from my clients, trust me, anything is possible. Believe in Better!

Most recently, I started The Stressed Out Society, where I help people move out of stress and overwhelm and into a happier, more confident life.

I support individuals who want to feel more in control of their wellbeing, and I work with organisations who know their teams are struggling with rising sickness, dropping engagement, increased mistakes, and a general sense of exhaustion that affects performance and culture.

My work is grounded in science backed real-life tools, mindset principles, and practical resilience strategies that help people feel capable againat home and at work.



You don't need
more time.

You don't need to
push harder.

You just need a
reset.

Before we begin...

If you're reading this, chances are:

- Your mind won't switch off
- You feel emotionally drained
- Everything feels urgent and heavy

This reset is not about fixing your whole life in 10 minutes. It's about:

- ✓ Calming your nervous system
- ✓ Creating mental space
- ✓ Helping you feel like you again

This is a pause, not a solution.

And pauses are powerful.

When stress is high, clarity is impossible.

This reset gives you clarity back.



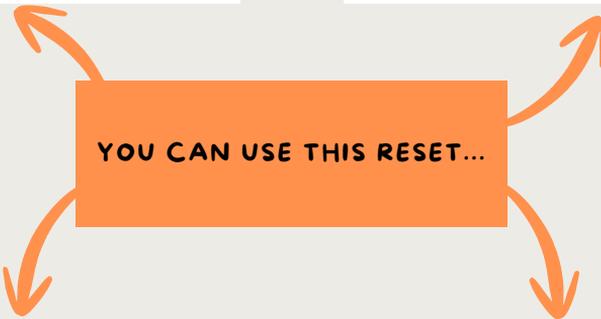
How to use this reset: What you will need...

- 10 uninterrupted minutes
- A quiet space (even a bathroom or car will do)
- A pen

**BEFORE MAKING AN
IMPORTANT DECISION**

DURING A STRESSFUL DAY

YOU CAN USE THIS RESET...



**WHEN YOU FEEL
EMOTIONALLY
OVERWHELMED**

**AT THE END OF THE DAY TO
RELEASE ANY STRESS**

Step 1: Calming the Body



STRESS LIVES IN THE BODY BEFORE IT LIVES IN THE MIND.

SIT COMOFORTABLE WITH YOUR FEET ON THE FLOOR

PLACE ONE HAND ON YOUR CHEST, ONE ON YOUR STOMACH

BREATHE IN THROUGH YOUR NOSE FOR 4 SECONDS

HOLD FOR 2 SECONDS

BREATHE OUT SLOWLY THROUGH YOUR MOUTH FOR 6 SECONDS

REPEAT THIS 6 TIMES



LONGER EXHALES TELL YOUR BODY YOU ARE SAFE.

**How does your body feel compared to 3
minutes ago?**

Step 2: Release the Mental Load

Stress grows when thoughts stay trapped inside.

Write without editing or judging:

What feels heavy right now?

**What am I trying to control that I actually can't
right now?**

Step 3: Shifting your Perspective

Stress makes everything feel urgent but not everything is important.

If I removed pressure and self-judgement, what would matter most right now?

Now complete this sentence:

“The most supportive thing i can do for myself in this moment is _____”

Step 4: Reclaiming your Power

Not a to-do list.

Not a productivity sprint.

Just one calm, intentional action

What is one small thing I can do next that supports me, not stresses me? (stepping outside, doing nothing intentionally, drinking water)

Write yours here:

Remember this:

Stress doesn't mean you're failing.

It means you're carrying too much, often alone.

This reset helps you pause.

But pausing isn't the same as changing the pattern.

Ready for more than a reset in 2026?

If stress keeps returning, it's not because you're doing something wrong. It's because you need:

- Better emotional tools
- Stronger self-leadership
- Sustainable systems that support you!

The Springboard Women's Development Programme helps women:

- Navigate stress with *confidence*
- Stop living in *survival mode*
- Build clarity, boundaries, and *emotional strength*

[Register your interest today.](#)





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