



# Marie T Matteson MS

Creator of the One Minute Stress Release ~ 1 Minute Reset  
Licensed to Chill

## Calm in 60 Seconds Strength for a Lifetime

I help people reset stress in one minute — anywhere, anytime, with fast, discreet, science-backed tools that actually work in the real world.

### About Marie

Marie Matteson, MS, is a trauma-informed educator, speaker, and former EMT with over 20 years of experience on the frontlines of emergency medicine. With fast, direct science backed tools that actually work in the real world.



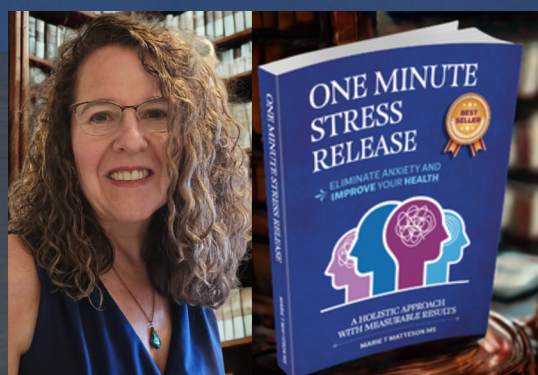
### Why Choose Marie

- ⚡ Real world tested
- 👁 Discrete & Portable
- ⌚ Fast & practical
- 💖 Relateable voice

### Topics & Signature Talks

- One Minute Stress Release
- Stealth Reset
- Licensed to Chill

### Books & Resources



### Invite Marie to

- Speak at your event (keynotes, workshop, training)
- Be interviewed on your podcast, radio, or TV segment
- Contribute to articles on stress, resilience, trauma recovery, or performance under pressure