

Steady Through Stillness

Emotional Reset 🕒 2–3m

- Sit or stand with your feet resting flat on the ground
- Press your fingertips gently together and close your eyes
- Take three slow breaths, feeling the weight of your body
- Whisper softly: "Right now, I am safe."

Purpose:

Your body holds a quiet kind of wisdom. When thoughts spin, stillness can speak.

Reset Cue:

"Your calm lives in your body — return to it."



Shake + Sigh

Emotional Reset 🕒 3–5m

- Shake out your hands, arms, and shoulders
- Let out a full-body sigh — loud if it feels good
- Drop your jaw and exhale slowly
- End with one gentle stretch or yawn

Purpose:

Releases pent-up nervous energy and tension through natural movement.

Reset Cue:

"Let it move through you — not stay within you."



The Name & Reframe

Emotional Reset 🕒 5m

- Name the feeling: "This is stress" or "I feel anxious"
- Ask: "What might this feeling be trying to tell me?"
- Reframe with kindness: "It's okay to slow down"
- Take one slow breath after each step

Purpose:

Brings clarity and compassion to intense mental spirals.

Reset Cue:

"You're not your thought – you're the space around it."



One-Minute Stillness

Emotional Reset 🕒 1 m

- Find the quietest nearby space — close your eyes if safe
- Place one hand on your chest, one on your belly
- Breathe in for 4, out for 6
- Listen for one gentle sound around you

Purpose:

Interrupts sensory overload with soft stillness.

Reset Cue:

"Stillness can be louder than noise."



Feel → Name → Let Go

Emotional Reset 🕒 5-10m

- Journal or voice note how you're feeling right now
- Label emotions without judgment
- Circle one feeling that's ready to release
- Close with one kind affirmation to yourself

Purpose:

Supports emotional processing before feelings build up.

Reset Cue:

"You don't need to hold it all to honor it."

