

A FREE RESOURCE

# The One Minute Reset.

*For the moments your brain is too loud and you can't leave the room.*

## I. Stop.

Put down whatever you're holding. Step away from the screen. Stand still, or sit, for ten seconds.

## II. Breathe — once, slowly.

In through your nose for four. Out through your mouth for six. Just one breath. Your nervous system reads it as a signal.

## III. Name three things you can see.

Out loud, or in your head. Anything in the room. This pulls you back into the present and out of the spiral.

## IV. Notice what feels even slightly different.

A loosened shoulder. A breath that came easier. A thought that softened. You're not looking for big shifts. Small is enough.

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T H A T ' S I T . O N E M I N U T E .

*The next minute can be different.*