Five-Minute Reset

Come back to yourself, one minute at a time.

1 PAUSE

What is happening in me right now?

Notice your thoughts, feelings, body sensations, or whatever is coming up for you.

2 BREATHE

Slow down and give yourself a moment.



Repeat a few times.

3 GROUND

Come back to where you are. Notice what's around you right now.

I can see...

I can hear...

I can feel...

4 SORT

What actually needs my attention right now?

Needs me now	Can wait
○	○
○	○
○	○

5 CHOOSE

What is one small thing I'm going to do next?

You don't have to fix the whole day.
Just begin again from here.