

# The Five-Minute Reset

A quick grounding practice for the moments when you need a little room to breathe.

## 01 ARRIVE

Place both feet on the floor. Let your shoulders soften. Notice that you are here.

## 02 BREATHE

Inhale slowly for four counts. Exhale for six. Repeat three times without forcing it.

## 03 NOTICE

Name five things you see, four things you feel, and three sounds you can hear.

## 04 CHOOSE

Ask: What is the kindest useful thing I can do in the next five minutes?