

SMALL RESET

A gentle pause for the next small step

Use this short prompt when your mind feels busy, your body feels tense, or starting feels hard. There is no perfect way to do it.

Educational prompt only. This is not medical diagnosis or treatment, and it is not a substitute for professional care.

1

LAND

Notice where your body is supported: feet on the floor, back against a chair, or hands on a surface.

2

LOOK

Name three things you can see. Choose ordinary details: a color, a shape, a window, a book, or a light.

3

FEEL

Notice two physical sensations, such as temperature, fabric, or the feeling of your feet inside your shoes.

4

BREATHE

Take three comfortable, unforced breaths. If focusing on breathing feels uncomfortable, skip this step.

5

CHOOSE

My next small step is: _____

Small is still movement.

Keep it gentle. Stop or change the exercise if it causes discomfort, dizziness, or distress. You never have to force a deep breath.