

## 2-Minute Emotional Reset

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This quick reset helps calm overwhelm, anxiety, or emotional flooding.

### Step 1: Ground (30 seconds)

Notice 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste.

### Step 2: Breath Reset (30 seconds)

Inhale deeply for 4 seconds, hold for 2, exhale for 6.

### Step 3: Reassure Yourself (30 seconds)

Say: "I am safe. This feeling will pass."

### Step 4: Choose One Supportive Action (30 seconds)

Drink water, step outside, stretch, or write one sentence.

Use anytime emotions feel too big.