



RESET & RETURN

A three-minute reset for stressful, busy, or emotionally heavy moments

You do not need to solve everything right now. This reset creates a small pause so you can settle your body, notice what matters, and choose one helpful next step.

1 NOTICE WHAT IS HERE - 30 SECONDS

BODY TENSION	MENTAL NOISE	EMOTIONAL LOAD
0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10

Name one word for what you are experiencing: _____

2 SETTLE YOUR BODY - 90 SECONDS

LOOK	Slowly name five neutral things you can see around you.
EXHALE	Breathe in gently for 4 counts and out for 6. Repeat five times without forcing it.
RELEASE	Press both feet into the floor for 5 seconds, then let go. Drop your shoulders and unclench your jaw.
"I am here. I can slow this moment down. I only need to choose the next helpful step."	

3 RETURN TO WHAT MATTERS - 45 SECONDS

What needs my attention now - not everything, just now?

What can wait, be simplified, or be shared?

4 CHOOSE ONE SMALL NEXT STEP - 15 SECONDS

☐ Water / food	☐ Fresh air / movement	☐ Quiet / rest	☐ Message someone
☐ Finish one task	☐ Ask for help	☐ Set a boundary	☐ Do nothing for 5 min

EDUCATIONAL USE & SELECTED EVIDENCE-INFORMED SOURCES

1. World Health Organization. Doing What Matters in Times of Stress: An Illustrated Guide. 2020.
2. World Health Organization. Psychological Self-Help Interventions. 2026.
3. World Health Organization. Mental Health Gap Action Programme (mhGAP) Guideline, 3rd ed. 2023.

IMPORTANT: General educational resource only. It does not provide diagnosis, individualized nursing care, psychotherapy, medical advice, or emergency care. Use is optional and does not create a nurse-client relationship. Seek qualified professional or emergency support when symptoms, safety, health, sleep, or daily functioning are significantly affected.