THE WELLNESS COMPASS | RESET

The 2-Minute Reset

A brief practice to steady your body and choose your next step.

Use this when you notice tension rising. You can do it anywhere, at your own pace.

1

0:00-0:15

NOTICE

Name the signal. Ask: What do I feel in my body and mind right now?

2

0:15-0:25

PAUSE

Let your shoulders drop. Give yourself a moment before reacting.

3

0:25-1:15

BREATHE

Inhale gently for 4 seconds, pause briefly, then exhale for 5 seconds. Repeat about five times. Keep it comfortable.

4

1:15-1:45

GROUND

Notice 3 things you see, 2 things you can feel, and 1 sound you can hear.

5

1:45-2:00

CHOOSE

Ask: What is one small, helpful next step I can take?

QUICK CHECK-IN

Before: How tense or overwhelmed do I feel? _____

After: What feels different? _____

This is a self-care practice, not a substitute for professional care. Stop if breathing feels uncomfortable. Seek support when you need it.