

3 Minute Reset

A simple practice to steady your system

Use this when you feel tense or scattered. This practice helps you return to clarity, presence, and physical awareness.

The Five Steps

1. Settle:

Sitting or standing place both feet on the floor.
Feel the weight of your body.
Soften your jaw, shoulders, and stomach.

2. Breathe:

Inhale through your nose for four seconds.
Exhale through your mouth for six seconds.
Repeat for six breaths.

3. Sense:

Place one hand on your chest or stomach.
Starting at your feet, notice one sensation at a time.
Stay with the sensation that feels the easiest to track.

4. Name:

Quietly identify what you feel.
Examples: warm, tight, heavy, slow, calm.
Naming lowers tension and brings your system into focus.

5. Return:

Let your breath settle naturally.
Notice how your body feels now compared to when you began.
Stop when you feel a clear shift in stability.

Building a Stronger Baseline

Incorporate this 3-minute reset into your daily routine as often as needed. Regular practice can help you cultivate a stronger internal baseline, allowing you to navigate stress and challenges with greater ease and resilience. Think of this as a mini-meditation you can use any time, anywhere.