



# The 60-Second Nervous System Reset™

When stress rises, move through these five steps slowly. There is nothing to do perfectly.



## 1. LOOK AROUND

Let your eyes find three neutral or comforting things in the room.



## 2. LENGTHEN YOUR EXHALE

Breathe in gently. Let your exhale be a little slower and longer.



## 3. FEEL YOUR SUPPORT

Press your feet into the floor or notice the chair beneath you.



## 4. RELEASE ONE PLACE

Unclench your jaw, lower your shoulders or soften your hands.



## 5. CHOOSE WHAT COMES NEXT

Ask: What is the smallest helpful thing I can do now?



## IF BREATHING FEELS UNCOMFORTABLE

Skip Step 2. Focus on your surroundings, your feet and the support beneath you.



## GENTLE REMINDER

This practice may help you feel a little steadier.  
You do not have to feel completely calm for it to count.