

# 1-MINUTE *Reset*

Take one intentional minute to breathe deeply and quiet your mind.

## **Try this calming rhythm:**

- Inhale slowly for 4 seconds
- Hold your breath for 4 seconds
- Exhale fully for 6 seconds
- Whisper to yourself after each breath:  
"I am safe. I matter. I am not alone."

Repeat this breath cycle 4 times to complete your 1-minute reset.

*Return to this anytime the world feels too loud,  
or your heart feels too heavy.*

# BONUSES

## Pause & Pour

Start or end your day by pouring yourself a warm drink:

- tea
- coffee
- lemon water

As you pour, pause. Breathe.

Place your hand over your heart and say:  
"This is a moment of peace, and I will rejoice in it."

*Sip slowly,  
without your phone,  
without a to-do list, and  
take this moment of peace  
just for you.*

## Pause & Ask

When you're feeling anxious or overwhelmed, pause and ask:

"What do I need right now, in this moment?"

Keep the answer simple.

A glass of water. A deep breath. Silence.

A kind word. A moment in the sun.

Then give that to yourself - without guilt.

*You're not asking for too much. You're learning how to  
care for yourself without guilt or apology.*