

# Emergency 3-Minute Reset

When panic spikes, the goal is not to erase it, but to give your body and brain a brief anchor. This 3-minute reset is a step-by-step tool to help bring you back to the present and regain a sense of safety.

## Step 1: Ground (1 minute)

Use 5-4-3-2-1: name 5 things you see, 4 you can touch, 3 you can hear, 2 you can smell, and 1 you can taste. If too overwhelming, just notice one safe object in front of you.

## Step 2: Breathe (1 minute)

Inhale through the nose for 4 counts, exhale slowly for 6 counts. Place one hand on your chest or stomach to feel the rhythm. Repeat for about 6 breaths.

## Step 3: Reset Thought (1 minute)

Say one grounding line aloud or in your head: - 'This is a memory, not the present.' - 'I am safe enough in this moment.' - 'This wave will pass.'

Quick Reset Summary
1. Ground: 5-4-3-2-1 senses
2. Breathe: In 4, Out 6
3. Reset: Safe phrase