

Quick Reset Exercises

Grounding Breath	Inhale for 4, hold 2, exhale 6. Repeat 3–5 times to calm racing thoughts.
Shoulder Release	Roll shoulders slowly forward and back. Loosen tension built up from stress.
Hand Stretch	Spread fingers wide, then clench gently. Repeat 5 times. Increases circulation.
Mini-Walk	Stand, march gently in place or walk for 1–2 mins. Clears mind and lifts mood.
Eye Relax	Close eyes, cover with palms, and breathe deeply for 30 seconds to reset focus.