

Stress Reset Card

A short practice for creating space between pressure and your next response.

P A U S E

1. Pause

Stop for one intentional moment.

2. Breathe

Take three slower breaths. Let the exhale be slightly longer.

3. Notice

Name what you feel without judging it.

4. Ground

Feel your feet, notice five things around you, or place a hand over your heart.

5. Choose

Ask: What is the kindest useful next step available to me?

My next helpful step:

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