

2 MINUTE RESET

WHEN YOUR
CRASHING
TRY THIS

IT FEELS LIKE THINGS ARE SLIPPING AND YOU CAN'T GET CONTROL. YOU DON'T NEED TO FIX ANYTHING RIGHT NOW. YOU DON'T NEED ANSWERS. YOU DON'T NEED MORE MOTIVATION. YOU JUST NEED TO PAUSE. STAY HERE FOR TWO MINUTES.



SAY
THIS
:30

READ THIS SLOWLY. OUT LOUD IF YOU CAN. "I'M NOT LAZY. I'M OVERWHELMED. I'M NOT BROKEN. I'M TIRED. MY BODY IS REACTING BECAUSE IT'S BEEN CARRYING TOO MUCH FOR TOO LONG. I DON'T NEED TO PUSH RIGHT NOW. I NEED TO BREATHE AND COME BACK INTO MY BODY. NOTHING IS WRONG WITH ME FOR FEELING THIS WAY."

THE PHYSIOLOGICAL SIGH: CALMING YOUR NERVOUS SYSTEM

1. TAKE A DEEP BREATH IN THROUGH YOUR NOSE
2. AT THE TOP, TAKE ONE SHORT SECOND SIP OF AIR
3. SLOWLY EXHALE THROUGH YOUR MOUTH LIKE YOU'RE FOGGING A MIRROR

DO
THIS
:60

IF YOUR SHOULDERS DROPPED OR YOUR CHEST SOFTENED EVEN A LITTLE, IT'S WORKING. YOU CAN REPEAT THIS AS MUCH AS YOU LIKE, UNTIL YOU FEEL YOUR BODY SETTLING DOWN. YOUR BODY IS NOT THE ENEMY. IT'S RESPONDING TO STRESS.

PRAY
THIS
:30

READ THIS OUTLOUD. FAITH COMES BY HEARING."GOD, I AM COMING TO YOU BECAUSE I AM OVERWHELMED. MEET ME IN THIS RESET AND GIVE ME REST. THANK YOU FOR MAKING ME FEEL SAFE AGAIN IN YOU. AMEN"