



WELLNESS TOOLS / STRESS & COPING

5-Minute Reset

A short reset for moments when stress is climbing and your attention is scattered.

5 MIN

Small enough to use today. Practical enough to use again.

A reset does not make the problem disappear. It gives your body and attention a brief chance to settle so you can choose what comes next.

Do this now

1 minute - Pause Put both feet on the floor. Unclench your jaw. Drop your shoulders. Let your breathing slow without forcing it.

1 minute - Breathe Inhale gently. Exhale a little longer than you inhale. Repeat at a comfortable pace.

1 minute - Move Stand, stretch, roll your shoulders, or walk briefly. Small movement can interrupt the stress loop.

1 minute - Notice Name what is happening: "I feel overloaded," "I am tense," or "I need a minute." Naming it can make the next step clearer.

1 minute - Choose Ask: What is one useful thing I can do next? Pick one small action, not the whole solution.

Write it down

The one thing I need to do next is:

Want to go deeper? Community Wellness by ASAAP offers free mental wellness and coping education. CALM Conversations is offered in person only. Contact kerry@asaap-ne.org.