

RESET Pocket Card

A quick sequence for overwhelming moments

R – Recognize

- *Name it:* “I feel anxious.” “I feel overwhelmed.”
- Creates space from the feeling.

E – Extreme Release

- Deep inhale + hard exhale
- OR squeeze body 5 sec → release

S – Slow Breathing

- Box Breathing: 4-4-4-4 (3-5 cycles)
- *Tip:* Exhale longer than inhale = body feels safe

E – Engage Grounding

- 5-4-3-2-1 senses check
- Feet to floor, stretch, or cool water on hands

T – Talk (Optional)

- Reach out: friend, counselor, or crisis line
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Quick Grounding Add-Ons

- Hold an ice cube
 - Step outside & notice the sky
 - Name 5 objects in detail
 - Keep a stone/coin to focus on
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Safety Note

- If you're at risk of harming yourself or others, dial **988** (U.S. Suicide & Crisis Lifeline). Veterans: press **1** or text **838255**.
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Print this card, save as wallpaper, or carry in your wallet.

RESET helps you pause, reset, and re-begin when overwhelm or panic strikes.

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