
**5-MINUTE
EMOTIONAL
RESET TOOLKIT**

*Simple psychology-
based tools for calm
and clarity*



Why This Works

Feeling stressed or overwhelmed happens to everyone. These short exercises take just five minutes and can help you reset your emotions, clear your mind, and feel more grounded throughout the day.

Deep Breath Reset (1 minute)

Slow breathing helps calm your nervous system.

- Inhale through your nose for 4 seconds



- Hold for 2 seconds

- Exhale through your mouth for 6 seconds



- Repeat 3 times

Optional: Place one hand on your chest and one on your stomach.

Sensory Check-In (1 minute)

Name:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear

This helps bring your attention back to the present moment.

Mini Gratitude Pause (1 minute)

*Write down or think of one thing
you are grateful for right now.
It does not have to be big — small
things count.*

Body Release (1 minute)

Roll your shoulders gently.

Stretch your neck slowly from side to side.

Notice where your body feels tight and allow it to soften.

Positive Cue (1 minute)

Choose a short phrase and repeat it quietly:

- "I am calm and present."
- "This moment is manageable."

Repeat the phrase slowly until the minute ends.

Believe in yourself

Use these exercises whenever you feel overwhelmed or need a reset.

For more practical psychology tools for everyday life, visit **Insight for Everyday Life**.