

THE 60-SECOND RESET

3 Somatic Tools for Overwhelmed Moms & Teens



01

THE BARN DOOR BREATH (Box Breathing)

BEST FOR: *High-stress moments or before a difficult conversation.*

- **Step 1:** Inhale through your nose for 4 seconds.
- **Step 2:** Hold that breath for 4 seconds.
- **Step 3:** Exhale slowly through your mouth for 4 seconds.
- **Step 4:** Hold empty for 4 seconds.

THE REWIRE: "Tricks" your brain into safety by regulating CO2 levels — instantly lowering fight-or-flight.

02

THE "LONG REIN" EXHALE (Physiological Sigh)

BEST FOR: *Immediate anxiety release or mom-burnout moments.*

- **Step 1:** Take a deep, full inhale through your nose.
- **Step 2:** At the top, take a short "sip" of air.
- **Step 3:** Let out a very long, slow sigh ("psssss" sound).
- **Step 4:** Let your shoulders drop completely.

THE REWIRE: The fastest biological way to lower your heart rate — the human version of a horse let-down.

03

THE "SOFT EYE" GROUNDING

BEST FOR: *When you or your teen feel "scattered" or panicky.*

- **Step 1:** Soften your gaze (like looking at a horizon).
- **Step 2:** Name 3 things you see right now.
- **Step 3:** Name 2 things you hear right now.
- **Step 4:** Name 1 thing you physically feel.

THE REWIRE: Pulls your brain out of "future-anxiety" and back into the safety of the present moment.