

# The Reset

A simple three-minute exercise to ease body and mind. Use anywhere, anytime.



- 1 If it's safe and comfortable to do so, gently close your eyes... or simply soften your gaze.  
Take one slow breath in... and breathe it out.
- 2 Notice where you're holding tension....Your shoulders. Chest. Jaw.  
Just notice it. There's nothing to change yet.
- 3 If it helps, imagine your tension has a colour.  
Whatever comes first is fine.  
Perhaps it's a heavy grey, a dull red or a murky brown.
- 4 Now imagine a second colour that feels calm, light or comforting.  
Perhaps a cool blue, a soft white or a quiet green.
- 5 As you breathe in, imagine that calm colour gently flowing into the places that need it most.
- 6 As you breathe out, imagine the tension colour leaving with your breath.
- 7 ***Repeat those last two breaths two or three more times, at your own pace.***

Notice what's changed. Even a small shift is worth noticing.

Each time you practise, you strengthen the habit of slowing down.  
It's always available whenever you need it.



To listen to the free guided version,  
visit [monarchhypnotherapy.co.uk/the-reset](https://monarchhypnotherapy.co.uk/the-reset)

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