

Toolbox Tip Fact Sheet



Tip 1 – The 2-Minute Reset

"Stress is part of life on the tools. Deadlines, noise, and long hours can leave us running on empty. The 2-Minute Reset is a simple breathing exercise that helps clear your head and steady your body — anytime, anywhere."

Step By Step Guide -

- Find a comfortable spot (seated preferably) plant your feet on the ground, give your shoulders a shrug & unclinch your jaw.
- Start by breathing in and out through your nose, try to connect with your breath, try & focus only on the breath, feel the air cool as it moves past the inside of your nostrils & fills your lungs.
- Start the 4-7-8 sequence, breath in for 4 seconds, hold for 7 seconds & exhale for 8 seconds,
- Repeat this 3-5 times (about 2 minutes)

Why it works -

- ☒ Calms your nervous system.
- ☒ Reduces tension in your body.
- ☒ Clears your mind for better focus and decisions.

Pro Tip -

