THE 5-MINUTE RESET

✷ A simple practice for when your mind is full, your emotions are running high, or you simply don't know what to do next.

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A Moment to Come Back to Yourself

There are moments when you don't need another piece of advice. You need a moment to stop.

When your thoughts are racing, your emotions are running high, or you simply don't know what to do next, give yourself **five minutes**.

- √ Put your **phone aside**.
- √ Sit somewhere **comfortable**.
- √ Take a **breath**.

You are not trying to solve everything. You are not trying to become a different person. You are simply creating enough space to **hear yourself** again.

1. PAUSE

➔ Stop for a moment. Take a few slow breaths. Let this be a small interruption in the momentum of your day.

2. NOTICE

➔ Ask yourself: *What am I feeling right now?* You do not need to judge, explain, or fix the feeling. Simply notice what is there.

3. LISTEN

➔ Ask: *What do I need right now?*

Maybe the answer is rest. Space. Reassurance. Movement. A boundary. Connection. Silence. Maybe you don't know yet. That's okay.

4. CHOOSE ONE SMALL THING

- Ask: *What is one small thing I can do to support myself right now?*
  Keep it simple. A glass of water. A short walk. A few minutes of quiet. Sending a message. Saying no. Taking a break.

5. BEGIN AGAIN

- You do not need to have everything figured out. You only need to return to this moment and take **the next small step**.

The more often you pause and listen, the more familiar your own voice becomes.

A SIMPLE RESET FOR CHILDREN & TEENS

- A practical strategy adults can use to help young people pause, identify what they are feeling, and begin listening to what they need.

For Parents, Caregivers & Educators

Children and teenagers **do not always have the words** to explain what is happening inside them.

When emotions become big, they may need **help slowing down** before they can understand what they are feeling or decide what to do next.

This simple reset is not about making a feeling disappear. It is about creating a little space, helping a young person **feel heard**, and **guiding them back toward their own awareness**.

1. PAUSE TOGETHER

- Begin by helping them slow down. You might say: *"Let's take a moment. We don't have to figure everything out right now."* Take a few calm breaths together or simply sit quietly for a moment.

2. NAME WHAT YOU NOTICE

- Gently ask: *"What are you feeling right now?"*
  If they are unsure, offer possibilities without deciding for them: *"Do you feel angry? Sad? Worried? Frustrated? Disappointed? Something else?"*

3. ASK WHAT THEY NEED

- Try: *"What do you need right now?"*
  They may need space, comfort, movement, help, quiet, connection, or simply time. They may not know. That is okay too.

4. LOOK FOR ONE SMALL NEXT STEP

- Ask together: *"What is one small thing that might help right now?"*
  The goal is not to solve the entire problem. It is to help them recognize that they can pause, listen to themselves, and choose a supportive next step.

5. RETURN TO THE CONVERSATION WHEN THEY ARE READY

- ➔ Sometimes the most helpful thing you can do is let the moment settle. When the intensity has passed, you can **return to the conversation with curiosity** rather than judgment.

A Simple Message to Teach

You might remind a child or teenager: *"You are allowed to feel what you feel. We can slow down. We can listen. And we can figure out the next step together."*

Over time, these small pauses can help young people develop emotional awareness, self-trust, and the confidence to listen to their own inner signals.

A Note for Adults

You do not need to have the perfect answer.

Sometimes your **calm presence**, your **willingness to pause**, and your **curiosity** about what a young person is experiencing are already teaching something important:

√ **Their inner world matters**, and they can learn to listen to it.