The 60-Second Reset

A free grounding exercise from CH Kimmie

When a hard moment hits — the panic, the spiral, the wave of whatever-it-is — you don't need a sermon. You need an anchor. This is one page. Use it right now.

1. STOP & NOTICE (20 seconds)

Pause what you're doing. Notice what's happening inside you — the thought, the feeling, the tightness in your chest. Say it in one honest sentence:

I feel _____ *because* _____.

No editing. No "I shouldn't feel this way." Just the truth.

2. BREATHE AND ANCHOR (20 seconds)

Breathe in slowly through your nose. Breathe out slowly through your mouth. Do it twice.

Now hold one truth — not ten, one: *God is with me right now.*

You don't have to feel it for it to be true. Say it quietly to yourself once.

3. ONE SMALL STEP (20 seconds)

Ask yourself: *What's one small thing I can do in the next 10 minutes?*

Not "fix my life." Something small — step outside, drink some water, text one safe person, sit still for five minutes. Write it here:

My next step: _____

Now go do that one thing.

Sixty seconds. That's it. Come back to this page anytime a hard moment hits — that's what it's for.

If you're carrying something bigger than sixty seconds — something that's been sitting on your chest for weeks — **Standing Strong** is my 7-day guided plan for the hard weeks: a short teaching, a reflection, and a practical exercise each day.

If you're in crisis right now, please reach out immediately: call or text 988 in the US (veterans press 1).

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