



Holistic Blo's 5-Step Calm Reset

1. Pause your body (10 seconds)

Stop what you're doing if possible.
Plant your feet on the floor and **soften your shoulders and jaw**.

Signal to yourself: "I'm pausing, not quitting."

2. Breathe low & slow (30–60 seconds)

Place a hand on your belly.

- Inhale through your nose for **4**
- Exhale through your mouth for **6**
Repeat 4–6 times.

Longer exhales tell your nervous system it's safe.

3. Ground with your senses (20–30 seconds)

Silently name:

- **3 things you can see**
- **2 things you can feel**
- **1 thing you can hear**

This pulls your brain out of stress mode and into the present.

4. Reset the inner talk (10 seconds)

Say one calm, neutral phrase:

- "This moment will pass."
- "I can handle the next small step."
- "I don't need to solve everything right now."

5. Choose one gentle next action

Ask: What's the kindest next step?

- Drink water
- Lower your voice
- Step outside for 30 seconds

- Focus on **just one task**



Ultra-Short Version (30 seconds)

If you're really pressed:

1. *Exhale slowly*
2. *Drop your shoulders*
3. Say: **"One step at a time."**