

4 POCKET-SIZED NERVOUS SYSTEM RESETS FOR WHEN LIFE FEELS TOO MUCH

5-4-3-2-1 Grounding

Name 5 things you can see
4 things you can touch
3 things you can hear
2 things you can smell
1 thing you can taste

Why it helps: This brings your attention to your senses, which can pull your mind out of racing thoughts and into the present moment.

Weighted Touch

Placing one hand on your chest and one on your belly, applying gentle pressure to send “I am safe” signals to the brain.

Why it helps: The gentle weight can calm a tense body and remind you that you are here, now, and safe enough for this moment.

The 4-7 Breath

- Breathe in through your nose while slowly counting to 4.
- Breathe out through your mouth while slowly counting to 7.
- Repeat 3-5 times.

Why it helps: Making your exhale longer than your inhale can slow your heart rate and help your body shift out of panic mode.

Cold Splash

Splash cool or cold water on your face—just enough to wake up your body and bring you back to the present.

Why it helps: The sudden temperature change can interrupt spiraling thoughts and help your mind feel more alert and steady.