5-Minute Reset

A Quick Reset for Your Mind, Heart & Spirit

- [x] Breathe
- [x] Check In
- [x] Release
- [x] Refocus

Give Yourself Permission to Pause

Life can feel overwhelming, your mind can be loud, and your to-do list can feel endless. This 5-Minute Reset is a simple, gentle way to breathe, check in with yourself, release what's heavy, and refocus on what matters most.

How to Use This Reset

- ☑ Find a quiet space (even if it's just for 5 minutes).
- ☑ Go through each page in order.
- ☑ Be honest, be real, and be kind to yourself.

Remember:

This time is for you. It's okay to pause, reset, and take care of your mind, heart, and spirit.

Minute 1 Breathe

Let's slow things down. A few deep breaths can calm your mind, ease your body, and help you feel more in control.

Try This Simple Breath:

1. Inhale slowly through your nose for 4 counts.
2. Hold for 4 counts.
3. Exhale slowly through your mouth for 6 counts.
4. Repeat 3–5 times.

Breath Tracker

- ☐ Breathe In
- ☐ Hold
- ☐ Breathe Out
- ☐ Repeat
- ☐ Feel the Difference

How Do You Feel Now?

Check all that apply:

- ☐ Calmer
- ☐ More Focused
- ☐ Less Anxious
- ☐ Still Overwhelmed
- ☐ A Little Lighter
- ☐ Other: _____

My Notes:

_____

_____

_____

_____

Minute 2 Check In With Yourself

Take a moment to get honest about how you're feeling right now.
There's no right or wrong — just be real with yourself.

How Are You Feeling Today?

Check all that apply:

- ☐ Overwhelmed
- ☐ Anxious
- ☐ Stressed
- ☐ Sad
- ☐ Tired
- ☐ Lonely
- ☐ Frustrated
- ☐ Hopeful
- ☐ Peaceful
- ☐ Okay

What's on Your Mind?

Briefly write what's feeling heavy,
what you're worried about,
or what you just need to release.

_____
_____
_____
_____
_____

What Do You Need Right Now?

Check all that apply:

- ☐ Rest
- ☐ A Break
- ☐ Support
- ☐ Encouragement
- ☐ Peace
- ☐ Time for Me
- ☐ To Let Go
- ☐ Other: _____

How's Your Heart Today?

Rate your overall emotional
well-being right now:

1	2	3	4	5
Heavy	Low	Okay	Better	Peaceful

My Reflection:

_____
_____
_____
_____

Minutes 3–4

Release What's on Your Mind

Let it out. Write it down. Get it off your heart.

Use the next two minutes to release your thoughts, worries, frustrations, or anything that's been weighing on you. Be honest, be real, and let it flow.

Let It Go

Check what you're ready to release:

- ☐ Overthinking
- ☐ Worry
- ☐ Stress
- ☐ Fear
- ☐ People's Opinions
- ☐ Guilt
- ☐ What I Can't Control
- ☐ Other: _____

Replace It With

Now choose what you want to invite in instead:

- ☐ Peace
- ☐ Clarity
- ☐ Strength
- ☐ Patience
- ☐ Faith
- ☐ Self-Love
- ☐ A Better Mindset
- ☐ Other: _____

Minute 5
Refocus & Move Forward

Now that you've breathed, checked in, and released what's heavy, let's refocus on what you can do next.

Choose One Small Step

What's one simple, realistic thing you can do today to feel a little better?

- ☐ Take a few more deep breaths
- ☐ Drink some water
- ☐ Do something that brings me peace
- ☐ Be kind to myself
- ☐ Ask for support
- ☐ Other: _____

Carry an Affirmation

Check one (or write your own) to take with you today:

- ☐ I am enough.
- ☐ I can handle this.
- ☐ I choose peace over worry.
- ☐ I am growing and healing.
- ☐ I will be okay.
- ☐ My own: _____

Today I Will Focus On:

_____

_____

_____

_____

A Loving Reminder:

Progress is not about being perfect —
it's about choosing to keep going, even in small ways.
You are doing your best, and that is enough.