FREE RESOURCE · FOR THE MOMENT IT ALL GOES SIDEWAYS

The 60-Second Reset

One page. One minute. Nothing to set up, and no device needed. Use it when the afternoon gets loud and you cannot see the next move.

TIME	WHAT TO DO
0:00–0:10	**Stop.** Put down what is in your hands. If it helps, ground yourself one way: feet flat on the floor, palms pressed together, or look around and name three things you can see.
0:10–0:25	**Name it.** One plain sentence: “Right now, _____ is happening.” No judging it. Naming it is enough.
0:25–0:40	**Find the need.** What do you need most in the next ten minutes? Information · time · help · a decision · water, food or a break.
0:40–0:55	**Pick one small step.** Something you can start in five minutes or less. Not the whole problem — the next piece of it.
0:55–1:00	**Begin.** Start the step, or tell one person what you need.

> **No breathing exercise required.** If one slow breath helps you, take it. If focusing on your breath is uncomfortable, skip it — grounding through your feet, hands or eyes works here too. Use whatever feels steady.

Write it down

Right now, the one thing I need is

_____

My next small step is

_____

I will start at (time) — and if I need help, I will tell

_____

A practical routine — not medical or mental-health care, and it does not treat anything. If you or someone else may be in immediate danger, call 911. For emotional distress or a mental-health or substance-use crisis in the US, call or text 988, or chat at 988lifeline.org.