Let's Reset Together

Sometimes we all need a moment to pause, breathe, and reconnect with ourselves. Whether you're feeling overwhelmed, stressed, or simply need a gentle transition, these three simple steps can help you find your center again.

Take 1 Deep Breath

🫁 *Inhale slow... exhale slower.*

Place one hand on your chest and one on your belly. Feel the air fill your lungs completely, then release it slowly through your mouth.

Notice Hands & Feet

✋ 🦶 *Press them gently, feel the ground.*

Bring your attention to your physical connection with the world. Press your feet firmly into the floor and your hands together or against a surface.

Shake It Out

🙌 *Loosen shoulders, arms, and jaw.*

Gently roll your shoulders back, shake out your arms, and release any tension in your jaw. Let your body naturally release the stress it's been holding.

One small reset can change the whole room.