



## Transition Reset Toolkit

When one class ends and another begins, give your nervous system a 60-second reset.



### Breath

Activate your body's natural calming response through intentional breathing patterns that signal safety to your nervous system.



### Gratitude

Shift your mental focus from stress to appreciation, creating positive neural pathways that support emotional well-being.



### Movement

Release stored tension and stress energy through gentle physical movement that helps your body process and reset.

- These three simple practices work together to create a comprehensive reset for your mind and body in just 60 seconds.

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# Physiological Sigh

**30 seconds** to activate your body's natural stress relief system

01

## Initial Inhale

Inhale through your nose until lungs are approximately 80% full. Take your time and focus on the sensation of air filling your chest.

02

## Second Sip

Take one more short sip of air in through your nose. This double inhale is key to maximizing the physiological response.

03

## Slow Release

Create a slow, audible exhale through the mouth. Let the air flow out naturally and completely, releasing tension with each breath.

04

## Repeat Cycle

Repeat this complete cycle twice more for maximum effectiveness. Notice how your body begins to relax with each repetition.

## Why it works

This breathing pattern sends a direct "safety signal" to your nervous system and actively lowers stress hormones like cortisol. The double inhale followed by a long exhale triggers your parasympathetic nervous system, shifting you from fight-or-flight into rest-and-digest mode.

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# One-Line Gratitude

**20 seconds** to shift your mental focus from stress to possibility

## The Practice

Silently fill in this simple template:

*"Today I'm grateful for \_\_\_\_\_ because \_\_\_\_\_."*

Say it once aloud or write it down to make the practice more concrete and impactful.

### Example Gratitudes:

- "Today I'm grateful for my morning coffee because it gives me a moment of calm before the day begins."
- "Today I'm grateful for my students because they remind me why I love teaching."
- "Today I'm grateful for this transition time because it lets me reset and refocus."



 **Pro tip:** The "because" part is crucial - it deepens the emotional impact and makes the gratitude more meaningful.

### Shifts Attention

Moves your focus away from perceived threats and challenges toward positive aspects of your experience.

### Closes Stress Loops

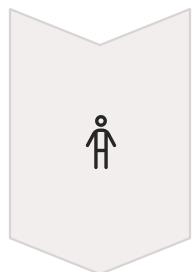
Based on research by Nagoski, gratitude practices help complete the stress response cycle, allowing your body to fully process and release tension.

### Creates Possibility

Opens your mind to opportunities and solutions rather than keeping you stuck in problem-focused thinking patterns.

# Move & Shake Reset

**20 seconds** to release stored stress energy from your body



## Stand Tall

Rise from your seat and establish a grounded, upright posture. Feel your feet connected to the floor and your spine naturally elongated.



## Shake & Loosen

Shake your hands vigorously, loosen your shoulders with gentle rolls, and roll your neck gently from side to side. Let the movement be natural and intuitive.



## Add Sound

Include a sigh or gentle hum as you exhale. The vocalization helps release tension and signals to your nervous system that it's safe to let go.

## Why it works

This practice releases stored stress energy in the body. When we experience stress, our bodies prepare for action - but in classroom settings, we often can't move. This gentle movement helps discharge that accumulated energy.



## Even 60 seconds can reset your system

Choose one of these practices before your next class and notice the difference in how you feel and perform.