

Reset YOUR DAY

Quick coping skills for real-life moments

You don't need a full routine. You need something that works right now.

PICK ONE. TRY IT. RESET

- Pick a color. The first one that comes to mind- *notice it throughout your day.*
- Put something cold on your chest. *Stay there and breathe slowly.*
- Imagine walking down steps. *Pick two colors and alternate each step while breathing*

Anxious / Overwhelmed

1. Press your feet into the ground
2. Hold something cold
3. 5-4-3 grounding
4. Jumping jacks + slow breathing
5. Splash cold water on your face

Sad / Low

1. Sit in sunlight
2. Turn on music (don't skip)
3. Text one safe person
4. Shower + change clothes
5. Do one small task

Angry / Irritated

1. Walk away
2. Clench and release fists
3. Write it out (don't send it)
4. Hit a pillow / physical release
5. Fast-paced walk

Stressed / Tense

1. Roll your shoulders
2. Unclench your jaw
3. Breathe in 4, out 6
4. Step outside for fresh air
5. Stretch your body
6. Drink cold water slowly

Numb / Disconnected

1. Hold something cold or textured
2. Splash cold water on your face
3. Tap your arms or legs
4. Say your name, location, and date
5. Move your body

Overthinking

1. Pick a color
2. Ask: "Is this a fact or a fear?"
3. Set a 10-minute timer
4. Clean or organize something small
5. "I don't need to solve this right now"
6. Watch something familiar

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ANXIOUS / OVERWHELMED

- **Press Your Feet Into the Ground**

Sit or stand with both feet flat.

Press your feet firmly into the ground and hold that pressure.

Focus on the feeling in your legs and feet.

Stay here for 10–30 seconds, breathing slowly.

- **Hold Something Cold**

Grab something cold and hold it in your hands.

Pay attention to the temperature and how it feels.

Keep your focus there while slowing your breathing.

Let the sensation pull you out of your thoughts.

- **5-4-3 Grounding**

Look around and name 5 things you can see.

Then 4 things you can feel.

Then 3 things you can hear.

Slow your breathing as you go.

Take your time — this is about being present.

- **Jumping Jacks » Slow Breathing**

Do 10 jumping jacks to activate your body.

Then stop and place your hand on your chest or stomach.

Slow your breathing down.

Feel the shift from activated to calm.

- **Splash Cold Water on Your Face**

Go to a sink and splash cold water on your face.

Pause and take a slow breath.

Let the cold reset your body.

Repeat if needed.

SAD / LOW

- **Sit in Sunlight**

Sit near a window or outside.

Let the sunlight hit your face or body.

Stay still and breathe slowly.

- **Turn on Music (Don't Skip)**

Play the first song that comes on.

Don't skip it.

Let it play fully and shift your mood.

- **Text One Safe Person**

Send a simple message to someone safe.

It doesn't need to be deep.

You're just creating connection.

- **Shower + Change Clothes**

Take a shower and let the water run over you.

Focus on the feeling.

After, put on clean clothes.

Let it feel like a reset.

- **Do One Small Task**

Pick one simple task.

Complete it fully.

Let that small win help you regain control.

ANGRY / IRRITATED

- **Walk Away**

Physically remove yourself from the situation.

You don't need to respond right now.

Give your body space to calm down before coming back.

- **Clench and Release Fists**

Make tight fists and hold for a few seconds.

Then release.

Repeat 10 times.

Focus on the tension leaving your body.

- **Write It Out (Don't Send It)**

Write exactly what you want to say.

Don't filter it.

Get it all out — but don't send it.

This helps release emotion without consequences.

- **Hit a Pillow / Physical Release**

Use a pillow or safe object.

Release the energy physically.

Don't hold it in — let your body move it out.

- **Fast-Paced Walk**

Walk faster than your normal pace.

Let your arms move and your body release energy.

Focus on movement, not thoughts.

STRESSED / TENSE

- **Roll Your Shoulders**

Drop your shoulders and slowly roll them forward and back.

Let the tension release with each movement.

- **Unclench Your Jaw**

Notice if your jaw is tight.

Let your teeth separate slightly.

Move your jaw side to side gently.

- **Breathe In 4, Out 6**

Inhale slowly for 4 seconds.

Exhale for 6 seconds.

Repeat several times until your body slows down.

- **Step Outside for Fresh Air**

Go outside, even briefly.

Take a deep breath and notice your surroundings.

Let your body reset in a new space.

- **Stretch Your Body**

Raise your arms overhead and stretch.

Move your neck, shoulders, and back gently.

Release tension as you go.

- **Drink Cold Water Slowly**

Take slow sips of cold water.

Focus on the sensation as you drink.

Let it help regulate your body.

NUMB / DISCONNECTED

- **Hold Something Cold or Textured**

Grab something noticeable and hold it.

Focus on how it feels in your hands.

- **Splash Cold Water on Your Face**

Use cold water to bring sensation back.

Pause and breathe after.

- **Tap Your Arms or Legs**

Gently tap your body.

Bring awareness back to physical sensation.

- **Say Your Name, Location, and Date**

Say it out loud:

Your name

Where you are

Today's date

This helps orient you back to the present.

- **Move Your Body**

Stand up and move, even slightly.

Remind your body that you're here and active.

OVERTHINKING

- **Pick a Color**

Pick the first color that comes to mind.

As you go through your day, notice that color around you.

Each time you see it, pause and acknowledge it.

This helps shift your focus out of your thoughts.

- **Ask: "Is This a Fact or a Fear?"**

Pause and say the thought out loud or in your head.

Ask yourself if it's actually true or just a fear.

Don't argue with yourself — just label it.

- **Set a 10-Minute Timer**

Set a timer for 10 minutes.

Let yourself think about it during that time.

When the timer ends, stop.

Shift your attention to something else.

- **Clean or Organize Something Small**

Pick one small area.

Focus only on that task.

Let your mind settle into the action instead of the thoughts.

- **Say: "I Don't Need to Solve This Right Now"**

Say it out loud or in your head.

Give yourself permission to pause.

You can come back to it later.

- **Watch Something Familiar**

Put on something you've already seen.

Let your brain rest instead of processing something new.

Just allow yourself to settle.