

SOS Quick Guide

Open the right reset when you need support fast

Use this guide when your body feels too activated to think clearly.
You do not need to choose perfectly. You only need the next best reset.

If this is happening now, start here

Everything feels like too much

Start with: I'm Spiraling Grounding Reset

Best for: sudden overwhelm, emotional overload, not knowing where to begin

Hot flash or body surge

Start with: Hot Flash Reset

Best for: sudden heat, rising discomfort, fast physical activation

Awake in the middle of the night

Start with: Back to Sleep Reset

Best for: 3AM wakeups, sudden alertness, restless night spirals

Pressure before a call or meeting

Start with: Before the Meeting Reset

Best for: work stress, presentations, deadlines, high-pressure moments

Mind racing fast

Start with: Racing Thoughts Downshift

Best for: overthinking, mental loops, cognitive overload, fast inner pressure

If you are not sure where to begin

Start with:

I'm Spiraling Grounding Reset

This is the safest first reset when everything feels intense and you do not know which symptom matters most.

Quick reminder

These audios are designed for immediate support.

Use them when:

- you need help quickly
- your body feels too activated to think clearly
- you want one clear reset for the exact moment you are in

They are not meant to replace your full reset routine. They are here to support you in acute moments.