RESET TO RECONNECT

A Simple Practice for Finding Your Center When Life Feels Off Track

Betsy Anne

THE RESET

What if you don't need to solve what happened right now?

You know those moments where something happens and suddenly you're transported into a memory and you feel like you're immersed in it?

Your body feels tense.
You feel emotion rise to the surface.
You lose track of the conversation.
And before you know it you're reliving something.

You might try to reason with yourself.
I'm fine.
It's not a big deal.
Why am I reacting like this?
I should be over this by now.

And yet, the more you try to think logically through it, the harder it can be to actually feel better.

So, maybe the first step isn't to solve it.
Maybe the first step is to RESET.

When you're caught in the stress response, sometimes you need to interrupt the cycle, and that's exactly what RESET TO RECONNECT is designed to help you do.

WHY RESET?

Why does resetting actually matter?

When you find yourself caught in the a stressful situation or activated by an intense memory, your brain gets hyper focused on one thing: survival.

In that moment it's much more difficult to pause and ask:
What am I actually feeling?
What do I need in this moment?
What is this really about?
Is my reaction about what's happening right now or is it something else from my past?

> You can't always access a different perspective from the same state of mind that created the stress.

That's why the RESET comes first. Not because there's something wrong with you, and not because you need to make yourself calm. But because creating a little space *changes what becomes available to you*.

When you interrupt the reaction, you give yourself the opportunity to reconnect with yourself.

HOW TO RESET

The Practice



Activating Breath

Begin with 20 activating breaths. A double inhale through the nose into the belly then the chest, and then a passive exhale through the mouth.

Hold your Breath

Take a deep breath and hold for a count of 10 seconds.





Long Exhale

Take 5 long, slow exhales and on each exhale, adding a gentle hum to each exhale.

What happens next: Take a moment to pause and notice what feels different. Can you feel some space between you and what happened?

About the Person behind the Practice

I spent most of my career solving problems.

For more than 20 years my work was about figuring things out. Find the problem, understand what was causing it, create a plan, and fix it. I was good at it, and for a long time that worked for me.

But eventually, I began to notice something. *Some things don't get better the more you understand them*. You can know exactly why something shouldn't bother you - and yet it does. You can tell yourself that you should feel safe, but that feeling always seems just out of reach. You can understand the pattern - and still keep repeating it.

So, I started searching for another way. I became much more interested in what happens beneath our conscious attempts to figure things out. And what becomes possible when we stop trying to force an answer, and simply create space to bring awareness to what's happening within us.

The RESET came from that exploration. It's not another thing you have to master. It's a way to interrupt the momentum of the moment and come back to yourself. To create enough space to notice what's really there.

Because sometimes it's not about solving a problem, it's about finding your center in the midst of it all.



YOUR FIRST RESET

Creating enough space to hear yourself

1

Notice

Before you begin, pause and notice what is happening right now.

What am I feeling?
What am I noticing in my body?

No need for analysis. Just notice how you feel.

2

Reset

20 activating breaths

10 second hold

5 long, slow exhales + hum

3

Reconnect

When you've finished, pause. Notice what has shifted.

What space is there now?
What do I need?

Feel free to repeat, if needed.

You don't have to go deeper.
Sometimes the RESET is enough.

Never force the breath or breath hold. Modify or stop the practice if you feel uncomfortable or unwell.

WHAT COMES NEXT?

Reset. Reconnect. Go Deeper.

The RESET gives you a way to interrupt the reaction and reconnect with yourself. and sometimes, that's enough, but if you want to make this a practice you can return to, I've created something to help - **The Guided RESET.** And if reconnecting leaves you asking, "Why does this keep happening?" That's where the deeper work begins.

The Guided RESET

Let me guide you through the RESET: No counting, no remembering the sequence, no wondering what's next.

Just press play, follow my voice, and reset.

PLUS 4 BONUS PRACTICES

Release the Day
Yoga Nidra to help you let go of the day.

Anchor Into the Present
EFT + sensory awareness to interrupt racing thoughts.

Peaceful Breath Flow
A longer, rhythmic breathing practice to help you settle.

Cultivating Inner Safety
A guided visualization for creating a deeper sense of internal safety.

Click Here to Get the Guided Practices - Only $11