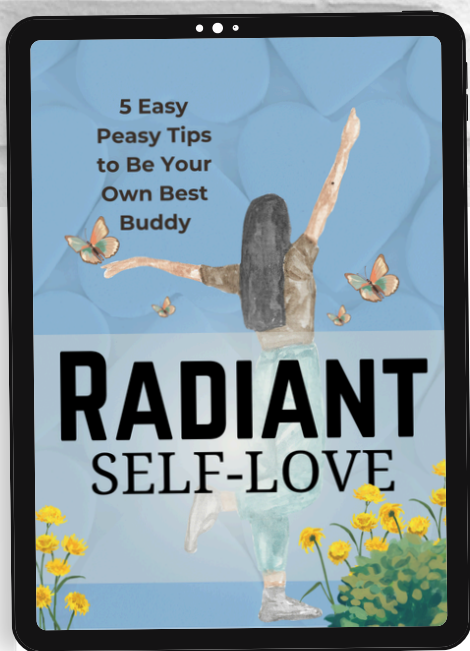


# RESET BUNDLE



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# A30-SECOND MINDFULNESS EMERGENCY TECHNIQUE

WHEN LIFE FEELS  
OVERWHELMING,  
**GROUND YOURSELF**  
WITH THIS SIMPLE  
PRACTICE: (HUG)

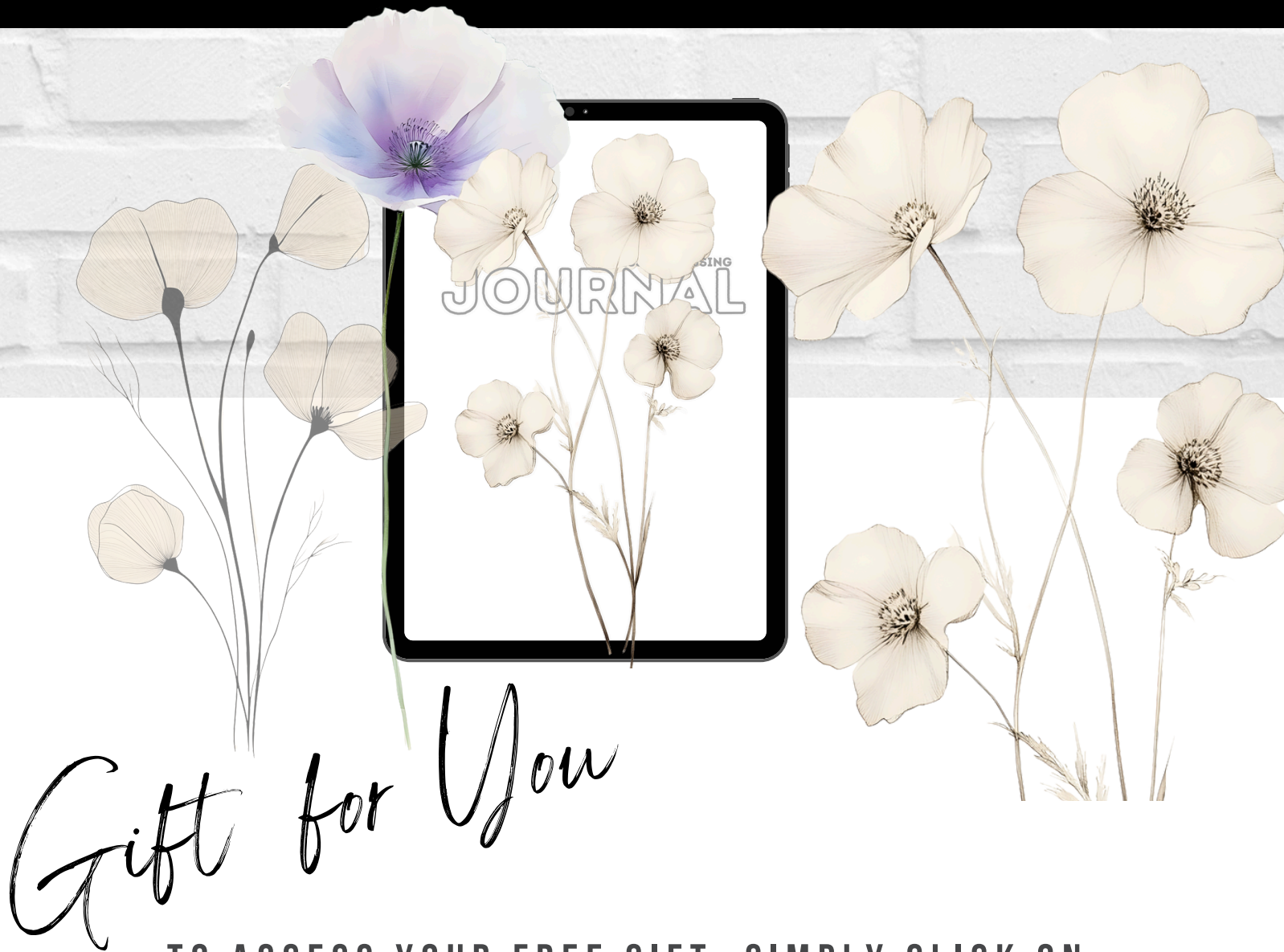
1. **Pause and Breathe:** Stop whatever you're doing and take a deep breath in through your nose for four seconds. Hold it for two seconds, then exhale slowly through your mouth for six seconds.
2. **Notice Your Surroundings:** Look around and name three things you can see, two things you can hear, and one thing you can feel—like the ground beneath your feet or your breath moving in your chest.
3. **Return to the Moment:** With your next breath, remind yourself that you are safe, present, and capable of handling this moment.

Stay here as long as you need to recover and regain your energy.

## EVEN QUICKER GUIDE

1. **Pause and Notice and take a breath in, 2, 3, 4. As I breath out, notice 3 things. What can I hear? What can touch? What can I smell?**
2. **Remember I am safe. Hug myself. I am present. I am capable of handling this moment. Pat myself on the back. Tiny high five to myself. Giggle.**
3. **Feel my breath in my chest - in & out.**
4. **I have permission to stay here as long as I need to recover and regain my energy.**

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