

## **The Reset Cheat Sheet – Quick Reference**

**Pause:** Take three slow, deliberate breaths.

**Anchor:** Feel your feet on the ground and become consciously aware of your body.

**Notice:** How are your senses working? Focus on what can you see, hear, touch, smell, or taste

**Act:** Take one intentional, stabilising action (deep breathing, journaling, walking, calling a supportive friend).

**Affirm:** Speak or think a grounding phrase: I am capable, safe, and present.

**Reflect:** Briefly journal or note what worked and what needs adjustment.

**Visualize:** Imagine reconnecting with your strongest, most grounded self.

**Repeat all the above:** Use whenever you're overwhelmed, triggered, or losing focus on healing.