



THE 5-MINUTE EMOTIONAL RESET

A simple emotional reset
for the moments everything feels like too much

Small Shifts Matter Series by Meristic Healing





Welcome!

Some days feel heavy for no obvious reason. Your thoughts feel loud. Your body feels tense. Everything feels slightly off.

This reset was created for those moments.

You do not need hours. You do not need perfect conditions. You only need five intentional minutes to come back to yourself.

This guide will help you pause, regulate, and reconnect to clarity.

xo, Merilee



Step 1: Pause + Breathe (1 Minute)

Before solving anything, pause.

Place one hand on your chest. Place one hand on your stomach.

Take 3 slow breaths.

As you inhale, silently say: I am here.

As you exhale, silently say: I can reset.

Repeat 3 times.

This signals safety to your nervous system.

One steady step at a time.

Step 2: Name What You're Feeling (1 Minute)

Ask yourself: What am I feeling right now?

Circle or write what fits:

- overwhelmed
- anxious
- frustrated
- disconnected
- mentally exhausted
- uncertain
- sad
- overstimulated
- emotionally heavy
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Now ask: What triggered this feeling?

Write one sentence:

Naming creates clarity. Clarity creates calm.

One steady step at a time.

Step 3: What Do I Need? (1 Minute)

Ask: What do I need most right now?

Circle one:

- rest
- quiet
- movement
- reassurance
- food/water
- space
- support
- perspective
- release
-

Write one small action you can take now:

One steady step at a time.

Step 4: Ground + Recenter (1 Minute)

Choose one grounding action right now:

- Step outside for fresh air
- Drink water slowly
- Stretch your shoulders and neck
- Sit in silence for 60 seconds
- Write down your racing thoughts
- Repeat a grounding affirmation

Keep it simple. Small shifts matter.

Step 5: Choose Your Reset Thought (1 Minute)

Read slowly. Choose the one you need most.

- I do not have to solve everything right now.
- This feeling is temporary.
- I can pause before reacting.
- Clarity returns when I slow down.
- I am safe enough to reset.
- One small step is enough.
- I can come back to myself.
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Write yours here:

Keep it simple. Small shifts matter.

The Reset Reflection

After 5 minutes, check in.

I now feel:

One next step I will take:

Keep it simple. Small shifts matter.



A Note from Meristic Healing

Resetting is not about fixing yourself. It is about returning to yourself.

The more often you practice this, the easier steadiness becomes.

You already have what you need within you. This guide simply helps you access it.

Use anytime you feel:

• Overwhelmed • Reactive • Disconnected •
Mentally Heavy • Emotionally Off

Keep it simple. Small shifts matter.

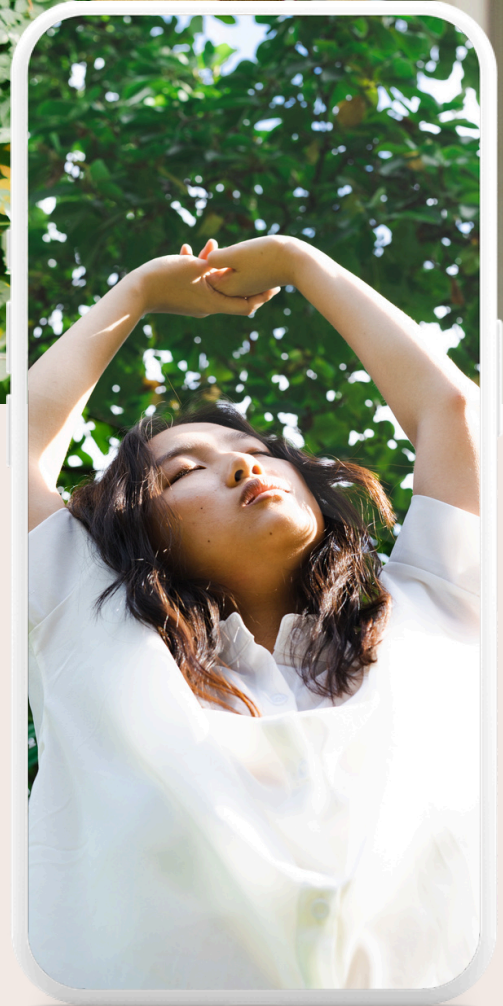
With Intention, Merilee





Thank you!

Thank you for being here.
Thank you for choosing to pause.
Thank you for coming back to
yourself.



This guide was created from real moments of
learning to stay steady.
If it supported you, even in a small way—
that matters.
Keep it nearby.
Return to it whenever you need.
Keep it simple. Small shifts matter.

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More tools, support, and sessions available

