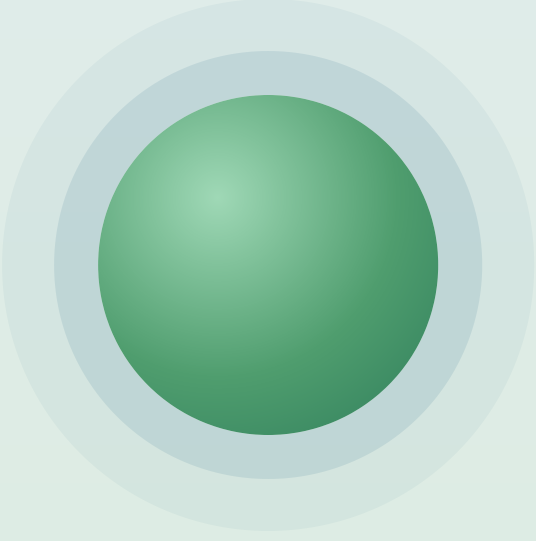
FREE FROM RESET BUDDY

The Right-Now Reset Kit

Two-minute resets for anxious, overthinking, can't-switch-off moments. No app needed.



START HERE

How to use this kit

👀 **Find your moment.** Each reset starts with when to use it.

⏱️ **Do one, for 2 minutes.** Not all of them. Just one.

🌿 **Notice what shifted.** Even a little counts. No streaks, no scores.

1. **6 two-minute resets for anxious moments**
2. **In bed and can't switch off**
3. **The 5-minute evening reset**
4. **3 ways to turn the noise off**
5. **When your mind spirals**
6. **Your pocket card**

Save the pocket card (page 10) as a screenshot. It's the whole kit on one screen.

Calm the body first



WHEN YOUR CHEST FEELS TIGHT

The double sigh

1. Breathe in through your nose.
2. Sip in a little more air on top.
3. Let it all out slowly through your mouth. 5 rounds.

Why it works: Long, slow exhales slow your breathing down. In a Stanford study, 5 minutes a day of this lifted mood more than meditation (Balban et al., 2023).



WHEN YOUR HEAD IS NOISY

Name it to tame it

1. Ask: “What is this, exactly?”
2. Find the precise word: worried? dreading? flooded?
3. Say it: “I'm feeling ___.”

Why it works: Putting a feeling into words turned down the brain's alarm response in UCLA brain-scan research (Lieberman et al., 2007).

Quiet the noise

🔁

WHEN ONE WORRY KEEPS LOOPING

The worry window

1. Write the worry down.
2. Give it an appointment: “5pm, I'll deal with you.”
3. When it comes back: “Not now. At 5.”

Why it works: Moving worry to a set time has reduced worrying in studies going back to the 1980s (Borkovec and colleagues).

💗

WHEN IT ALL FEELS HEAVY

Hand on heart

1. Place a hand flat on your chest.
2. Notice the warmth and the weight.
3. Breathe slowly. Say something kind, like you would to a friend.

Why it works: In a 2021 study, 20 seconds of soothing touch softened the body's stress response (Dreisoerner et al.).

Shrink it back to size



WHEN YOUR HANDS WON'T SETTLE

Colour it out

1. Any pen, any paper (or your notes app).
2. Colour, doodle or trace shapes for 2 minutes.
3. No goal. No “good”. Just keep the pen moving.

Why it works: Studies show colouring can lower anxiety, and free drawing works as well as mandalas.



WHEN EVERYTHING FEELS HUGE

Zoom out

1. Ask: “Will this matter in 5 days?”
2. “In 5 months?”
3. “In 5 years?”

Why it works: Picturing the future you (“temporal distancing”) helped upsetting feelings fade faster in research (Bruehlman-Senecal & Ayduk, 2015).

Three steps, without getting up

1

Park it 📝

Keep a notepad by the bed. Write the thought and “tomorrow, 9am”. Close the book. It's safe there.

2

Squeeze, then let go

Toes, calves, thighs, fists, shoulders, face. 5 seconds tight, 10 seconds soft, one part at a time.

3

Shuffle your thoughts 🔀

Pick a calm word like BED. For each letter, picture random things: banana, balloon, egg, elephant, duck, diamond. It gives your mind nothing to solve.

Tensing and releasing muscles in turn (progressive muscle relaxation) has good evidence for easing anxiety.

3 · BEFORE BED

The 5-minute evening reset

2m

Empty your head onto paper

Write down every open loop. Don't sort it, don't fix it. Circle one thing for tomorrow.

1m

Breathe out longer than you breathe in

Two breaths in through your nose, one long slow breath out. 5 rounds.

1m

Close the day out loud

Name 3 things you got done. Small ones count. Say: “That's enough for today.”

1m

Give your mind somewhere soft to land

Rain, a stream or soft music. Volume low, timer on. Let the sound hold your attention.

Why the paper helps: writing down a plan for an unfinished task can quieten the thoughts about it (Masicampo & Baumeister, 2011).

3 ways to turn the noise off 🔕

1. **Turn down what's coming in**
   Notifications off for an hour. Check messages in batches. Close the tabs you're not using.

2. **Unhook from the thought**
   Notice the loudest thought. Put “I'm having the thought that…” in front of it. Say it again and feel it loosen.

3. **Take your brain outside**
   Somewhere green, eyes on something far away. No podcast. Let your eyes do the work.

Checking email 3 times a day instead of all day lowered stress (Kushlev & Dunn, 2015). A nature walk lowered rumination; the same walk beside a busy road didn't (Bratman et al., 2015).

Interrupt it, then flip it

IN THE MOMENT

5, 4, 3, 2, 1 . . . then 6 words

1. Count down 5, 4, 3, 2, 1.
2. Ask: **“What if it all works out?”**
3. Say it on a long, slow breath out.

The 6 magic words are Mel Robbins'. The slow exhale is our upgrade: settle the body first so the better question lands.

WITH A PEN

The best-case flip

1. Name the worst case, in one sentence.
2. Now overthink the best case, in just as much detail.
3. Find the most likely. It's usually in between.
4. Take one small step toward it today.

Weighing worst, best and most likely is a classic CBT tool for catastrophising.

6 · SCREENSHOT THIS

Your pocket card

😮‍💨 your chest feels tight	**The double sigh**
🌀 your head is noisy	**Name it to tame it**
🔁 one worry keeps looping	**The worry window**
💗 it all feels heavy	**Hand on heart**
✏️ your hands won't settle	**Colour it out**
🔭 everything feels huge	**Zoom out**
🛏️ in bed, can't switch off	**Park it, squeeze, shuffle**
🌀 mind spiralling	**5-4-3-2-1 + "What if it all works out?"**

Want it guided, in the moment?

Tap how you feel in Reset Buddy and it gives you the reset that fits, in 2 to 5 minutes, with the breathing guide and sounds built in.

Try Reset Buddy free
reset-buddy.com/?ref=kit

Follow along for a new reset most days: **@resetbuddy** on Instagram and TikTok.

Reset Buddy is a wellness companion, not medical care, therapy or crisis support. If you might not be safe right now, go to reset-buddy.com/help-now or call your local emergency number.