



The Two-Minute Reset

Heart-Focused Breathing for the moments when owning a practice gets loud.

There is a moment in almost every practice day when your body decides for you. The schedule runs behind, a practice member cancels their care plan, the denial letter lands, and before you have chosen anything, your shoulders are up and your breath is somewhere near your collarbones.

You can't skip those moments. You can change what happens in the two minutes after them. That's what this is for.

THE RESET

Four steps, about twelve breaths

- 1 **Stop where you are.** In the car, the hallway, between practice members. You don't need to close your eyes or find a quiet room.
- 2 **Focus your attention on the area of your heart.** Let your awareness settle in the center of your chest.
- 3 **Breathe in and out of your chest area,** a little slower and deeper than usual. About five seconds in and five seconds out, in a rhythm that feels easy.
- 4 **Keep going for two minutes,** about twelve breaths. Then walk back in.

USE IT WHEN

- ◆ Stress is already in your body and you need it out before the next practice member.
- ◆ A situation feels bigger than it is, and you want to see it at its real size.
- ◆ You notice yourself reacting instead of choosing.
- ◆ You're running on empty and the day isn't over.

23%

In one study, adults who practiced HeartMath techniques for four weeks lowered their cortisol by an average of 23 percent, and their DHEA levels doubled.

McCraty, R., Barrios-Choplin, B., Rozman, D., Atkinson, M., & Watkins, A. D. (1998). The impact of a new emotional self-management program on stress, emotions, heart rate variability, DHEA and cortisol. *Integrative Physiological and Behavioral Science*, 33(2), 151-170.

Where this comes from. The Two-Minute Reset is my practice-owner version of the Heart-Focused Breathing™ Technique developed by HeartMath®. I'm a certified HeartMath practitioner. To learn more about the technique and the research behind it, visit heartmath.com.



MAKE IT YOURS

Where your day pulls you off center

Two minutes is easiest to remember when it's tied to a real moment. Here are three from a practice owner's day. Then add your own.

THE MOMENT	HOW YOU USUALLY REACT	WHAT THE RESET GIVES YOU
The schedule is 40 minutes behind	Rushing, clipped with your front desk, apologizing to everyone	A steadier pace, so the next practice member gets you instead of the clock
A practice member cancels their care plan	Replaying it all afternoon and wondering what you did wrong	The space to see it at its real size, and decide whether it needs a response at all
An insurance denial lands in your inbox	Anger, then dread, then answering it while you're still flooded	A clearer head before you reply, so you choose your next move

Anchor it

Pair it with something you already do: the car before you walk in, washing your hands between practice members, closing the laptop.

Start small

Once a day is plenty this week. Start with what you have capacity for.

Notice

After each Reset, name one word for how you feel. Patterns show up faster than you'd think.

WHEN YOU'RE READY TO GO FURTHER

Aligned Authority

A leadership workshop for chiropractic practice owners. Find your strengths and your Working Genius, and see which hats are draining you. About two and a half hours, on demand. \$47.

START THE WORKSHOP

rootedpractice.co/aligned-authority

The Two-Minute Reset is a self-regulation tool, not medical or mental health treatment. If you're feeling hopeless or having thoughts of harming yourself, please contact a mental health professional, or call or text 988 in the US. Heart-Focused Breathing™ is a technique of HeartMath®. HeartMath is a registered trademark of Quantum Intech, Inc. For all HeartMath trademarks, visit heartmath.com/trademarks.

