

Pause

Pause for a moment.



Pause

You are safe right now.



Breathe

Breathe in 4



Slow Down

Nothing needs to be
solved in this
moment.



Ground

Feel your feet.

Notice your breath.

Come back to now.



Name It

What emotion is present
right now?

Just name it — no fixing.



Gentle Question

What do I need most in
this moment?



Control Check

What is one small thing
I can control right now?



Self-Talk Reset

What would I say to a
friend feeling this way?



One Gentle Step

What is one gentle
action I can take next?



Permission

You are allowed to rest.



Let Go

What can wait until
later?



Closing Reminder

Progress is gentle.
You are doing enough.



From Mindy

Slow is still moving.

Mindy the Mindful

Panda 🐼

