



THE 5-MINUTE GENTLE RESET WHEN YOU FEEL OVERWHELMED

When overwhelm builds, clarity disappears.

This 5-minute reset helps calm your nervous system using simple breathing, gentle movement and small structured actions. Use it anytime you feel mentally overloaded and need to regain control without pressure.

Step 1: Calm the Nervous System (60 Seconds)

Content:

Inhale for 4

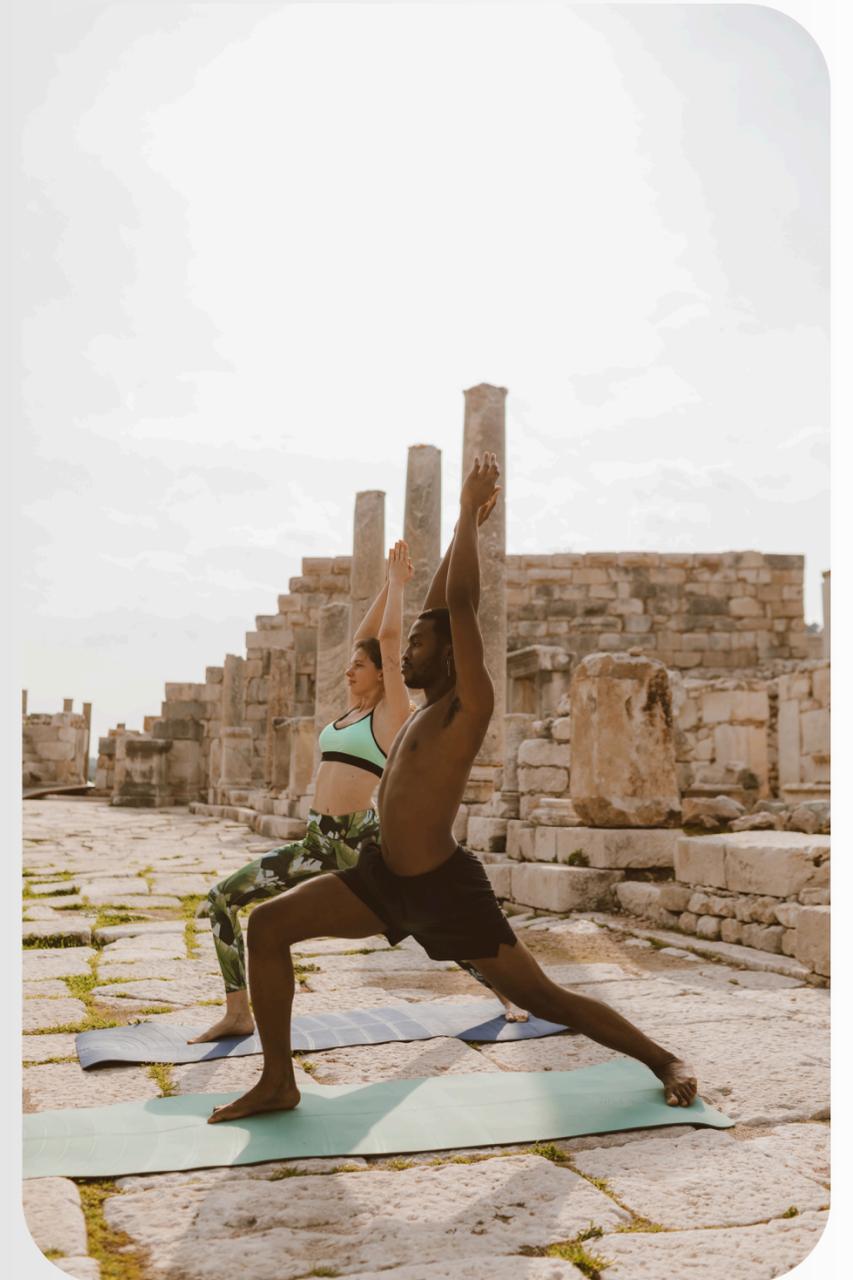
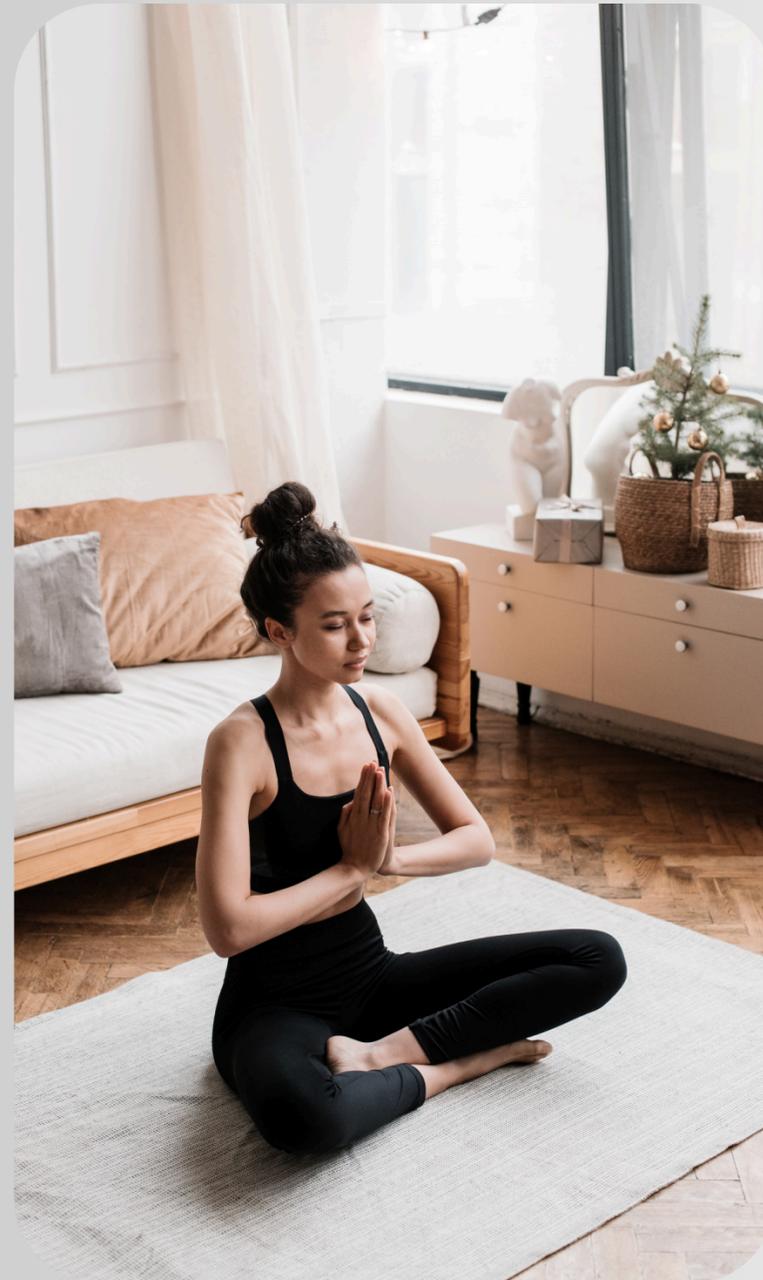
Hold for 2

Exhale for 6

Repeat 5 times.

Small explanation:

Longer exhales signal safety to your body.





STEP 2: GENTLE MOVEMENT

Step 2: Release Physical Tension

- Slow neck rolls
- Shoulder drops
- Stretch arms overhead
- Shake out tension

Small line:

Movement helps exit stress mode.





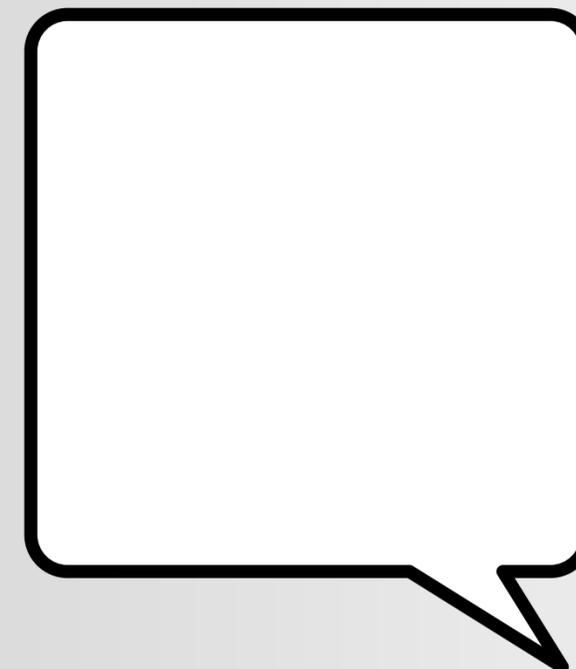
STEP 3: MENTAL RE-CENTERING

Ask yourself:

What actually needs my attention right now?

Write ONE action only.

This subtly introduces your structured method.





Download the full 5-minute reset guide and take the first step toward structured clarity.

Get it here:

BodyMindReaders.com/free-reset

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Start your Gentle Reset today.

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Contact: info@bodymindreaders.com

This guide is for educational purposes only and does not replace professional medical advice. Always consult a healthcare professional where appropriate.