

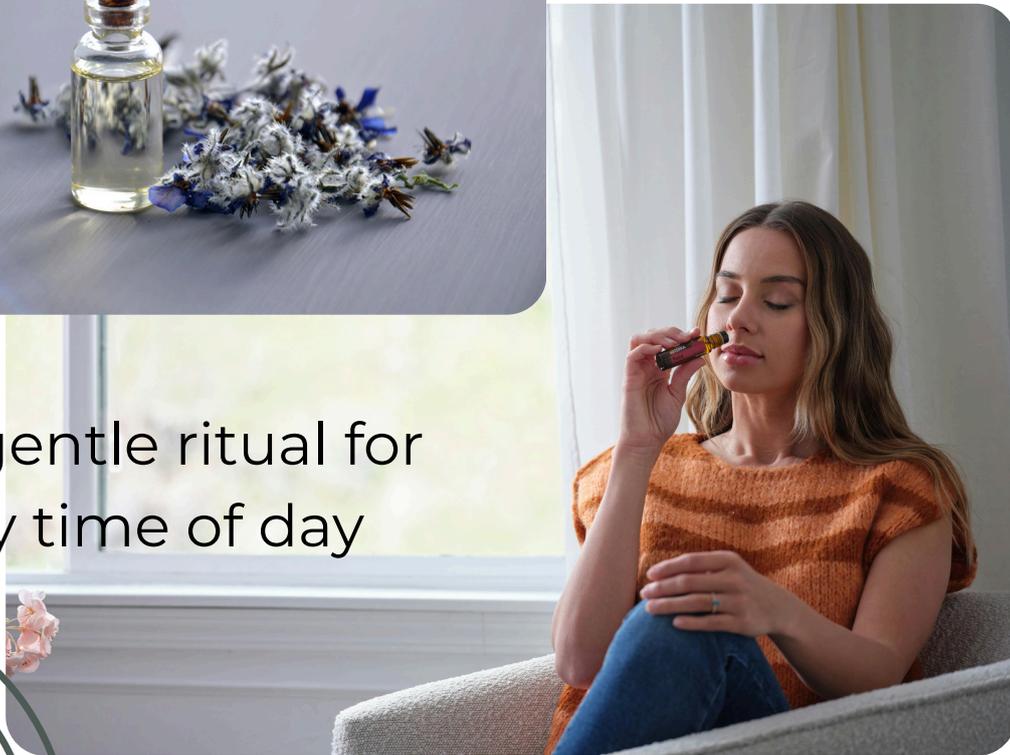


NORTH EAST CLINICAL
COMPLEMENTARY HEALTH

5-Minute Aromatic Reset



A gentle ritual for
any time of day



Simple practices. Gentle support.

www.northeastclinical.com

Welcome



This is a small pause. A moment to soften your shoulders, quiet the mind, and return gently to yourself.

You don't need special equipment.
You don't need to do this perfectly.
You don't need more willpower.

This short ritual uses scent, breath, and attention to help your nervous system shift out of stress and into a calmer state — in about five minutes. Return to it whenever you need a reset.

Why This Works

When overwhelmed, your nervous system is often in a state of high alert.

Scent is processed in the brain's limbic system — the area linked to emotion, memory, and regulation. Because of this, aroma can support calming responses without needing effort or analysis. Paired with slow breathing, this creates a powerful signal of safety to the body.

What You'll Need

- An essential oil you already have
- A ready-made aromatherapy product
- Or simply imagine a scent you associate with calm (this still works)

If you'd like suggestions, gentle options include:

- Lavender
- Bergamot
- Frankincense
- Roman chamomile

If pregnant, sensitive to scent, or unsure, skip scent and focus on breath.

The 5-Minute Aromatic Reset



Step 1: Arrive (1 minute)

Sit comfortably, feet on the floor if possible.

Take a moment to become aware of yourself, your body, the floor beneath you and the air around you.

Take a breath.

Bring the aroma close — on a tissue, cotton pad, or from the bottle. If you're not using an aroma, bring to mind a comforting scent.

Take one slow breath in through the nose. And a longer breath out through the mouth.

There's nothing to fix here. You're just arriving.



Step 2: Scent & Breath (2 minutes)

Gently inhale the aroma for 2–3 natural breaths. Then place the scent down to rest close by.

Begin this breathing rhythm:

Inhale for 4

Exhale for 6

Let the exhale be soft and unforced.

As you breathe, silently say to yourself on the exhale: "I am allowed to slow down."

If your mind wanders, that's okay. Simply return to the scent or the breath.

The 5-Minute Aromatic Reset



Step 3: Ground & Settle (1 minute)

Place one hand on your chest, one on your abdomen.

Notice:

- The weight of your body
- The support beneath you
- The temperature of the room

You might like to gently say:
“In this moment, I am safe.”



Step 4: Gentle Closing (1 minute)

Ask yourself quietly:
“What do I need right now — just for today?”

There’s no need to answer perfectly.

Take one final slow breath in.
And a long breath out.

When you’re ready, return to your day
— carrying a little more space with you.



After the Ritual

You may notice:

- A softer breath
- A quieter mind
- A small sense of steadiness

Or you may simply feel a little less tense.

All of these are enough.

This practice works best when repeated gently, not forced.



The 5-Minute Aromatic Reset



Created by a qualified Professional Essential Oil Therapist and educator, with an evidence-informed approach to wellbeing.

Safety Notes

- Always use essential oils safely and in moderation
- Avoid direct skin application unless properly diluted
- If scent doesn't feel right for you, breath alone is enough
- This ritual supports wellbeing but is not a substitute for medical care

An Invitation

If this reset felt supportive, you may enjoy working with scent more often.

We have guided aromatic rituals and wellbeing programmes to support calm, emotional balance, and nervous system regulation — without pressure or overwhelm. You can explore more when (and if) it feels right.



Scan for more info



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