



## 5-Minute Mind-Body Reset Cheat Sheet

**Purpose:** Quickly reset your mind and body to reduce stress, release tension, and restore balance.

### 1. GROUND + SET YOUR INTENTION (1 MINUTE)

**Purpose:** This primes your mind for the reset.

**Action:**

1. Sit in a comfortable position with spine erect and gently close your eyes.
2. Take 3 deep breaths by inhaling through nose and exhaling through mouth with a sigh.
3. Move your awareness to that body part where you feel your breath the most tip of your nose, belly or chest.
4. Now silently set an intention in your mind or out loud like "I am grounded and present." Or "I choose to move through today with ease."

### 2. BREATHWORK BASICS (1 MINUTE)

**Purpose:** Shift your nervous system out of stress mode.

**Action:** practice any one of the following techniques:

#### 1. Diaphragmatic (Belly) Breathing

- Place one hand on your chest and the other on your belly.
- Inhale deeply through your nose, allowing your belly to expand.
- Exhale through your nose, feeling your belly contract.
- This type of breathing helps relax the body and reduce stress.

#### 2. Box Breathing (4-4-4-4)

- Inhale for 4 counts through your nose.
- Hold your breath for 4 counts.
- Exhale slowly for 4 counts through your mouth.
- Hold your breath for 4 counts.
- Repeat 3-6 rounds for instant relaxation and stress reduction.

#### 3. 4-7-8 Breathing

- Inhale deeply through your nose for 4 seconds (fill your belly).
- Hold your breath for 7 seconds.
- Exhale slowly through your mouth for 8 seconds.
- Repeat for 3 rounds to calm your nervous system and promote deep relaxation.
- Hold your breath for 4 counts.
- Repeat 3-6 rounds for instant relaxation and stress reduction.

### 3. MINI SOMATIC RELEASE (1 MINUTE)

**Purpose:** Release physical tension stored in your muscles.

**Action:** Practice any one of the following techniques:

#### 1. Full-Body Stress Shake

- **Purpose:** Releases tension in muscles, resets nervous system.
- **How to Do:**
  - Stand with feet hip-width apart.
  - Let arms hang loosely.
  - Start shaking your hands, letting the movement travel to arms, shoulders, and legs.
  - Gently bounce on your heels and let your body vibrate.
  - Continue for 1-2 minutes while breathing naturally.

#### 2. Cat-Cow Spinal Flow

- **Purpose:** Relieves tension in the spine, restores flexibility.
- **How to Do:**
  - Start in a tabletop position (hands and knees).
  - **Inhale:** Arch your back (Cow Pose), lift head and tailbone.
  - **Exhale:** Round your back (Cat Pose), tuck your chin.
  - Repeat for 1-2 minutes, syncing breath with movement.

#### 3. Progressive Muscle Relaxation (PMR)

- **Purpose:** Reduces stress and resets the nervous system.
- **How to Do:**
  - 1. Start with Box Breathing:** Inhale 4 seconds, hold 4 seconds, exhale 4 seconds, hold 4 seconds (repeat 3-5 times).
  - 2. Tense and Relax Muscles:**
    - **Feet:** Curl toes, hold 5-4-3-2-1, release.
    - **Calves & Thighs:** Tighten, hold 5-4-3-2-1, release.
    - Continue up the body (Buttocks, Stomach, Arms, Shoulders, Neck, Face).
    - Ensure all the body parts are tensed up and then relaxed.
    - **End with deep breathing and visualization:** Inhale through the nose, exhale with a sigh.

#### 4. MINDFULNESS RESET (1 MINUTE)

**Purpose:** Stop overthinking and regain mental clarity.

**Action:** Practice any one of the following techniques:

- Focus on your breath or body sensations.
- If your mind wanders, gently bring your attention back by focusing on your breath or just following any of the techniques for stopping overthinking (cheat sheet for these techniques are given in the end)
- Notice your thoughts without judgment, and allow them to pass like clouds.
- Stay present for 1 minute, observing and grounding yourself in the now.

#### 5. QUICK BODY MOVEMENT (1 MINUTE)

**Purpose:** Shift stagnant energy and reenergize your body.

**Action:** Practice any one of the following techniques:

- Stand up or stretch.
- Do gentle movements like reaching for the sky, stretching side to side, or shaking your hands and legs.
- Focus on releasing built-up tension, and feel your energy flow freely.

#### BONUS TIP: DAILY INTEGRATION

**Purpose:** Build a consistent habit for ongoing reset.

**Action:** Practice any one of the following techniques:

- Commit to incorporating this 5-minute reset into your daily routine.
- Whether in the morning, during a work break, or before bed, take 5 minutes to practice and integrate the techniques.
- No need to follow the exact 5 minute as above, you can curate your own 5 minute technique by mixing and matching the technique learnt during the course or just practising one single technique for 5 minutes but remember to always start with grounding and intention setting.

## 02. CHEAT SHEET FOR EXERCISES TO BREAK THE MENTAL LOOP AND OVERTHINKING

### 1. 10-SECOND PRESENT MOMENT RESET:

#### How to Do It:

1. Close your eyes and take a slow breath in through your nose.
2. Exhale fully through your mouth.
3. Notice three sounds around you.
4. Feel the weight of your body on the chair or floor.
5. Open your eyes and observe: Where was your mind? Right here, in the present moment.

**Goal:** A quick shift from thinking to sensing.

### 2. 5-4-3-2-1 GROUNDING TECHNIQUE:

#### How to Do It:

1. **Find your breath:** Take a deep breath in, hold, and exhale slowly.
2. **Identify 5 things you can see.**
3. **Identify 4 things you can touch.**
4. **Identify 3 things you can hear.**
5. **Identify 2 things you can smell.**
6. **Identify 1 thing you can taste.**

**Goal:** This exercise pulls your attention to your senses and helps you reconnect with the present.

### 3. THE TRIPLE 3 (3-3-3) RULE FOR OVERTHINKING:

#### How to Do It:

1. **Look around:** Name 3 objects in your surroundings.
2. **Listen carefully:** Identify 3 sounds you hear.
3. **Move 3 body parts:** Wiggle your fingers, roll your shoulders, or stretch your legs.

**Goal:** Interrupts the cycle of overthinking and brings you back to reality.

## 03 CHEAT SHEET FOR 10-MINUTE JOURNALING RESET (JOURNAL PROMPTS)

### 1. 10-SECOND PRESENT MOMENT RESET:

- **Why It Works:** Journaling helps clear mental clutter by getting your thoughts out of your head and onto paper. It helps you process thoughts and create mental clarity.
- **How It Helps:** Writing things down stops your brain from holding onto unnecessary stress, allowing you to focus more clearly.
- **Goal:** Create mental space and reprogram your thoughts to bring more clarity, confidence, and calm.
- **Action:**

#### 1. Grounding(1Minute):

- Sit in a comfortable space, preferably quiet.
- Gently close your eyes
- Take a few deep breaths by inhaling through your nose and exhaling through your mouth with a sigh.
- Gently open your eyes and begin...

#### 2. The Thought Dump (3 Minutes):

- Write whatever is on your mind. No structure—just get it out.
- Prompt Ideas: "What's been bothering me today?", "What's looping in my head?"

#### 3. Check In With Yourself (3 Minutes):

- Pause and read what you've written.
- Ask yourself: "How do I feel right now?", "What's one thing I can do to feel better today?"

#### 4. End on a Positive Note (3 Minutes):

- Focus on gratitude or a small win.
- Prompt Ideas: "One thing I'm grateful for today?", "What's one small win I had today?"

**Note:** You can also journal from the journaling workbook shared in the bonuses or create your own prompts or just write your mind out free flow without any prompts.

### Remember:

These resets are not just about feeling better in the moment—it's about building a new relationship with your stress. By using these tools consistently, you'll be able to unlearn chronic stress patterns and feel more balanced, grounded, and in control.