



The 5-Minute Calm Guide

A small reset for moments when your mind or body feels a little too full.

1 Arrive

Put both feet somewhere supported. Notice one thing holding your weight.

2 Exhale first

Let one ordinary breath out slowly. You do not need to take a perfect deep breath.

3 Name what is here

Quietly name three things you can see and two sounds you can hear.

4 Soften one place

Unclench your jaw, lower your shoulders, or relax your hands - whichever feels easiest.

5 Choose the next small thing

Ask: What would make the next ten minutes 5% easier?



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A sentence to come back to

Use what feels believable. Skip anything that does not fit.

I do not have to solve everything in this minute.

A busy mind is not a failure.

Rest does not need to be earned by exhaustion.

I can do the next small thing, not the whole day at once.

What do I need right now?

One thing I can leave for later:
