



Reset

**When your mind won't stop... this
helps you reset**

Keep going. Keep growing.

Reset

**Break the cycle. Return to choice.
Two minutes to reset your brain.**

We all get caught in loops.

Replaying what we should've or shouldn't have said.

Imagining worst-case scenarios.

Telling ourselves a story about what *might* happen.

Assuming the worst before anything has even happened.

Sometimes it turns into scrolling or avoidance.

Sometimes it just stays in your head.

This Reset Tool helps you interrupt that spiral before it takes over your mood, your energy, or your day.

You're not weak.

You're just stuck.

Step 1: Recognize

Catch the loop.

Notice the pattern without judging it.

Say quietly to yourself:

"I'm in the loop."

That simple phrase creates awareness. It shifts you from being inside the story to observing it.

If that feels hard, do something physical... tap your hand, stand up, or notice where you feel it in your body.

Physical sensation helps interrupt your thoughts and bring you back to the present.

Awareness is the first reset.

Step 2: Breathe

Take one round of the Physiological Sigh:

Inhale through your nose.

Take a short second inhale to top it off.

Slowly exhale through your mouth.

This signals your nervous system to settle.

Your body resets first. Then your thoughts soften.

Step 3: Reframe

Ask yourself:

"What is my brain trying to protect me from right now?"
Often, it's discomfort. Fear. Embarrassment. Uncertainty.

Remind yourself:

"I'm safe, and I'm choosing differently."

You don't argue with the story.
You step outside of it.

Step 4: Refocus

Take one small action that brings you back to the present.

- Stand up and move
- Splash cold water on your face
- Step outside for 30 seconds
- Write down one small next step
- Send the first sentence instead of the whole message

If you can't decide, just drink water, step outside, or clear one small thing near you.

Anything that puts your body and attention in motion works.
Small actions can break the mental spiral.

In Practice

Grab a notebook or blank sheet and write:

- What happened?
- What story was I telling myself?
- What step helped most?
- How did I feel after?
- Was this a real problem... or something my brain created and ran with?

Every entry counts.

You caught the loop. You interrupted it. You practiced choosing.

Why This Works

Your brain's main job is to keep you safe, not calm, not confident, and definitely not productive.

When something feels uncertain or uncomfortable, your nervous system shifts into protection mode. That's when the mental storytelling ramps up.

The Reset interrupts that automatic chain reaction.

- Recognition builds awareness and activates decision-making.
- Breath calms the stress response.
- Reframe shifts your perspective.
- Refocus restores momentum with small, intentional action.

With practice, this becomes a bridge from reaction to response.

The Nerdy Neuroscience

- Polyvagal Theory. Slow, controlled breathing activates your vagus nerve, your body's calming switch.
- Neuroplasticity. Every time you catch and reset a loop, you strengthen a new pathway from rumination to awareness.
- Behavioral Activation. Small, intentional actions reduce anxiety and rebuild motivation faster than waiting to feel ready.

**You're not fighting your brain.
You're working with it.**

Everyday Examples

- You replay a conversation and start assuming someone's upset with you. You say, "I'm in the loop." One deep breath. The intensity drops.
- You're convinced something at work is going to go badly. You pause, breathe, and ask what your brain is trying to protect you from. The story loosens.
- You're stuck in "I should've said..." You stand up, move your body, and write one next step instead of replaying the past.

Over time, your brain learns what reset feels like.