

STRESS RESET MENU

Quick strategies to help you shift from overwhelm to grounded

When stress builds or emotions take over, it's easy to freeze, lash out, or shut down. In those moments, you don't need to "fix" everything—you just need a reset.

This menu offers simple, science-backed ways to regulate your nervous system and regain a sense of calm so you can respond with intention. These aren't one-size-fits-all. Circle the ones that work for you, cross out what doesn't, and add your own. You deserve a toolkit that actually fits your life and your body.

Body-Based Resets

Go for a walk (bonus: add music you love)

Shake out your arms and legs

Try 10 jumping jacks or wall pushups

Use a weighted blanket for :10

Stretch for 3–5 minutes—focus on your shoulders and jaw

Sensory Resets

Run cold water over your hands

Light a scented candle or smell essential oils

Hold something textured
(stone, fabric, etc)

Listen to a calming soundscape or favorite song

Dim the lights or close your eyes for 2 minutes

Mindful Mini-Moments

Count backward from 100 by 3s

Box breathing
(inhale 4—hold 4—exhale 4—hold 4)

Visualize a peaceful scene
(beach, forest, favorite spot)

Repeat a calming phrase/affirmation

Name 5 things you see, 4 you hear, 3 you feel, 2 you smell, 1 you taste
(5-4-3-2-1 grounding)

Connection & Co-Regulation

Text or voice note a trusted person

Sit with a pet or hug someone safe

Look at a photo that brings comfort or joy

Ask for a check-in from someone who helps you feel seen

Read or re-read something that grounds you (quote, poem, message)

Favorites

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Andrea Hernandez
Therapist + Coach