



OVERTHINKING RESET

Pause. You're safe.

A simple way to
calm your mind



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Stop the Spiral

1



Name it

"I'm overthinking right now."

2



Breathe

In 4 → Out 6
Repeat 5 times

3



Ground

5 things you see
4 things you feel
3 things you hear

4



Redirect

"What matters right now?"



Come back to this moment