

3 Minutes of calm

Step 1 – Ground Yourself

Plant your feet solid on the floor. Notice them. Feel them steady. Now notice the ground holding you up when you've been holding everything else.

Step 2 – Breathe

Inhale slowly through your nose for 4 counts.

Hold for 2 counts. Exhale through your mouth for 6 counts.

Repeat 3 times.

Step 3 – Release

Roll your shoulders back and relax them down.

Loosen your jaw.

Unclench your hands.

Imagine dropping the day's weight to the floor.

Leave it there!

Step 4 – Remind Yourself

Say this to yourself: 'I can care for them without destroying myself.'

Repeat it.

Feel it.

You can return to this 3-minute reset at any time you need to.

-Alicia

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