

Stress Reset Worksheet

A short reset guide for slowing the moment down and choosing one next step.

1. Notice the signal

Write down what you are noticing in your body, thoughts, mood, or behaviour. Try to describe the signal without judging it.

2. Two-minute reset

Put both feet on the floor. Take one slower breath than usual. Name three things you can see, two things you can feel, and one thing you can hear.

3. Sort the concern

Is this urgent today, can it wait, or do you need support before deciding? Stress can make everything feel equally urgent.

4. Choose one support action

Choose one realistic action for the next 10 minutes: book support, ask for clarity, step away briefly, drink water, or text someone safe.

My one next step is:

This resource is educational and not a substitute for crisis, emergency, medical, or individualized clinical care. If there is immediate risk, seek urgent support.