

The Three-Breath Reset

A small way to come back to yourself, wherever you are.

There are moments when everything inside us feels a little louder than we would like.
A conversation lingers.
The day begins moving too quickly.
Our thoughts get ahead of us.
We realize we have been holding our breath without even noticing.
This practice is not about making the moment disappear.
It is simply a way of giving yourself a few seconds to come back.

Before You Begin

You do not need a quiet room.
You do not need to close your eyes.
You do not need to change anything about where you are.
Just notice that you are here.
And then take three breaths.

Breath One – Arrive

Take one slow, comfortable breath.

As you breathe in, notice where you are.

And when you are ready, carry it gently back into your life.

You might quietly say:

I am here.

Nothing else to do yet.

I am here.

Nothing else to do yet.

Breath Two - Soften

Take another gentle breath.

Notice whether you are holding tension anywhere—your jaw, your shoulders, your hands, your belly.

You do not have to force it away.

Just see whether something can soften a little as you breathe out.

You might quietly say:

I can soften.

I can soften.

Breath Three - Choose

Take one more breath.

And before you move into whatever comes next, ask yourself:

What do I need in this moment?

Not for the rest of the day.

Not to fix everything.

Just this moment.

Maybe you need to slow down.

Maybe you need to say no.

Maybe you need a glass of water, a little space, a walk outside, or simply one more breath.

And perhaps nothing needs to happen at all.

You are simply listening.

What do I need in this moment?

Carry It with You

Three breaths will not solve everything.

They are not supposed to.

They are simply a small interruption in the rushing—a place where you can hear yourself again before the world asks for the next thing.

Use them before you answer.

Before you walk through the door.

Before you send the message.

When you notice yourself getting overwhelmed.

Or whenever you realize you have wandered a little too far away from yourself.

Three breaths.

Arrive.

Soften.

Choose.

Three breaths.

Arrive.

Soften.

Choose.