

The 60-Second Switch-Off Reset

For those moments when your head feels full and you can't seem to switch off.

PAUSE HERE. TRY THESE SIX SMALL STEPS.

1

Put both feet on the floor

Feel the contact beneath them. If that isn't comfortable, notice where your body is supported.

2

Unclench your jaw

Let your teeth separate slightly and allow your tongue to rest.

3

Let your shoulders soften

Notice whether you've been holding them up. Let them lower gently.

4

Breathe out slowly

Take a comfortable breath in, then breathe out gently. Keep it easy and unforced.

5

Look away from the screen

Rest your gaze on something still. Give yourself a moment away from messages and scrolling.

6

Ask yourself one question

"Does this need my attention right now?" If it can wait, give yourself permission to leave it for later.

You don't need to force yourself to feel calm.
This is simply a brief pause. Return to it whenever you need one.

WANT A LITTLE MORE SPACE TO UNWIND?

Discover The Switch-Off Reset

Full routine • 10-minute reset • 7-day challenge

A wellbeing practice, not a treatment for a medical condition.
Keep your breathing comfortable; stop if you feel dizzy or uncomfortable.