

# THE 5-MINUTE Mindset Reset



**RIGHT TRACK**  
WELLBEING

YOU ARE NOT ON THIS JOURNEY ALONE.

TRAUMA-INFORMED WELLBEING  
PAIN INTO PURPOSE

PAUSE. GROUND. CHOOSE. MOVE FORWARD.

For the moments when everything feels like too much.

This simple reset helps you **steady** your mind, **calm** your system  
and **choose** one small step forward.



## HOW TO USE THIS TOOL

Take five minutes for you. You don't need to fix everything.  
Just follow the steps, write what comes up and choose one small action.

*Small steps create real change.*



SET A TIMER  
FOR 5 MINUTES

1



### STOP

*Pause what you're doing.*

Give yourself permission  
to stop, even if just  
for a moment.

What am I doing right now? \_\_\_\_\_

What can I put on pause? \_\_\_\_\_

2



### NOTICE

*Check in with yourself.*

What am I thinking,  
feeling and experiencing  
right now?

What am I feeling? \_\_\_\_\_

What am I thinking? \_\_\_\_\_

What do I feel in my body? \_\_\_\_\_

3



### GROUND

*Bring yourself back  
to the present.*

Use your senses  
to anchor yourself  
in this moment.

5 things I can see 

3 things I can hear 

1 thing I can taste 

4 things I can feel 

2 things I can smell 

4



### CHOOSE

*Choose what supports you.*

What do I need right now?  
What is one kind or  
helpful choice I can make  
for myself?

What do I need right now? \_\_\_\_\_

What is one helpful choice I can make? \_\_\_\_\_

5



### MOVE

*Take one small step.*

What is one small,  
doable action I can  
take right now?

My next small step is... \_\_\_\_\_

When will I do it? \_\_\_\_\_



*Keep Moving Forward*

You don't have to have it all figured out.  
You just have to keep showing up for you.  
One small step at a time.



What have  
I noticed?



What do  
I need right  
now?



What is my  
next small  
step?

