

THE 5-MINUTE BE WELL RESET

*A simple practice to help you pause,
check in and reconnect with yourself.*

1

MINUTE 1- GROUND

Place both feet on the floor. Slowly notice five things you can see, four things you can feel, and three things you can hear.

2

MINUTE 2- BREATHE

Take five slow breaths. Gentle inhale through your nose and allow your exhale to last slightly longer.

3

MINUTE 3- NAME

Ask yourself:
What am I feeling right now?
Name the emotion without judging or trying to fix it.

4

MINUTE 4- IDENTIFY

Ask yourself:
What do I need most in this moment?
Rest? Support? Space? Reassurance? Movement? A boundary?

5

MINUTE 5- CHOOSE

Complete this sentence:
One supportive thing I can do for myself today is
_____ .



REMEMBER...

You do not have to wait until you are overwhelmed to care for yourself.

Be Well Healing & Wellness Center

Where Authenticity Meets Healing.

BeWellHWC.org

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