

Quick Reset

Use any time you need to reset

Work through these four steps, in order, at your own pace.

1. Pause

Stop what you're doing or saying, just for a moment.

2. Breathe

One slow breath in. One slow breath out.

3. Notice

Name what you're feeling in one word: _____

4. Choose

Pick your next move on purpose, instead of on reflex.

Still feels like a lot?

Ask any staff member to talk, any time — no need to wait.

> cut here >

Full Check-In

For advisory, a wellness room, or a few spare minutes

Step 1: Check In

Circle a number for each. There's no right answer.

Energy (1 = drained, 10 = wired):

1 2 3 4 5 6 7 8 9 10

Mood (1 = rough, 10 = great):

1 2 3 4 5 6 7 8 9 10

Either number below 5?

Try the reset steps above.

Step 2: One Thing to Remember

Write one thing you want to carry into the rest of your day:

Still feels like a lot?

Ask any staff member to talk, any time — no need to wait.