

2-Minute Reset

Create space. Reduce input. Make the next good decision.



A brief self-regulation exercise for moments when activation or stimulation is rising.

1

INHALE

Breathe in gently for about 4 seconds, or simply use a comfortable natural breath. Do not force a deep breath.

2

EXHALE

Breathe out slowly for about 6 seconds if that feels comfortable. Stop or return to normal breathing if you feel dizzy, short of breath, or uncomfortable.

3

RELEASE TENSION

Let your shoulders, jaw, and chest soften. Notice where you are holding unnecessary tension.

4

REDUCE INPUT

Lower your gaze, silence notifications, look away from a screen, or step somewhere quieter if possible.

RTH TAKEAWAY

The goal is not to solve everything in two minutes. The goal is to interrupt escalation and create enough space for the next good decision.

Educational resource. Use current official guidance for high-stakes medical, legal, school, workplace, housing, or emergency decisions.