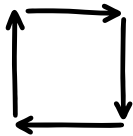




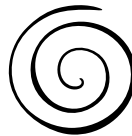
One-Minute Calm Kit

Quick, Powerful Tools to Reset Your Nervous System in 60 Seconds or Less



Square Breathing

- Inhale for 4 counts
- Hold for 4 counts
- Exhale for 4 counts
- Hold for 4 counts
- Repeat the full cycle 5-6 times
- If 4 seconds feels too long, try 2-3 seconds.



4-5-6 Breathing

- Inhale for 4 seconds
- Hold for 5 seconds
- Exhale for 6 seconds
- Repeat the full cycle 2-3 times, or until you feel good.



5-4-3-2-1 Grounding

Name:

- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste
- Return to the present.

Keep this on your fridge, desk, or mirror—
anywhere you'll see it when you need it most.
You don't need to do them all. Just choose one.
A minute of calm can change everything.

Which strategy is your favorite?

(Mine's square breathing)

Click here to let me know how this resource kit worked out for you!

Disclaimer: This kit is for educational purposes only and is not a substitute for mental health care. It does not create a therapeutic relationship with Sherri M. Herman, MA, LPCC. If you're in distress, please contact a licensed provider in your area. In emergencies, call 911.