THE

Calm-Down Menu

25 quick resets for overwhelming moments,
sorted by the time you have.

1 minute | **5 minutes** | **15 minutes**

A self-reflection and self-care tool. It is not medical advice or a substitute for professional support.

How to use this menu

When you're overwhelmed, deciding what to do can feel like one more task. This menu makes the choice for you: pick the time you have and choose one reset.

Three simple steps

1. Check your time. Do you have 1, 5, or 15 minutes?

2. Pick one. Choose the one that sounds doable, not the one you think you should do. Or pick by number.

3. Check in. Afterward, ask yourself: "Do I feel a little better, the same, or worse?" Any answer is useful information.

Good to know

- Small resets work best when you use them *early*, at the first sign of tension.
- Not every reset works every time. Try a few and keep your favorites.
- If something feels uncomfortable, skip it and choose another.

A gentle note: These tools can help with everyday stress. If you feel overwhelmed most days, or things feel unmanageable, talking to a licensed professional or someone you trust is a good next step. If you are in crisis or thinking about harming yourself, contact your local emergency number or crisis line right away.

1 minute

Tiny resets you can do anywhere: at your desk, in the car, or in a bathroom stall.

1. **Drop your shoulders**
   Inhale and lift them to your ears, then let them fall as you exhale. Repeat three times.

2. **Long exhale breathing**
   Breathe in for 4 counts, out for 6. Do 5 rounds.

3. **Unclench**
   Check your jaw, hands, and forehead. Soften each one on purpose.

4. **Name it**
   Say quietly: "I'm feeling ___ right now." Naming it can take the edge off.

5. **Feel your feet**
   Press both feet into the floor and notice the contact for 5 slow breaths.

6. **Look far away**
   Look out a window or across the room and rest your eyes on something distant.

7. **Sip something**
   Drink a glass of water slowly, noticing each sip.

8. **The 3 things**
   Name 3 things you can see, 2 you can hear, and 1 you can feel.

5 minutes

For when you can step away briefly and need a real shift.

9 **Step outside**
Go outdoors or open a window. Notice the air and the sounds around you.

10 **Brain dump**
Set a timer and write every thought in your head. No editing, no order.

11 **Stretch it out**
Neck rolls, a forward fold, and a reach overhead. Move slowly.

12 **Shift your scene**
Go to a different room or chair. A new spot can break a thought loop.

13 **Pick one next step**
Ask: "What is the smallest thing I can do next?" Write it down.

14 **Music reset**
Play one song you love and do nothing else until it ends.

15 **Warm splash**
Wash your hands or face with comfortably warm water and pat dry.

16 **Message a safe person**
Send a text: "Rough day. Can I vent later?"

17 **Is it mine?**
Write down what is in your control right now and what is not.

15 minutes

For when you can give yourself space to fully come down.

18 **Walk it off**
Take a gentle walk with no phone, or with calming music or a podcast.

19 **Tidy one small zone**
Clear one surface, like a nightstand or desk corner. A tidier space can help your mind feel lighter.

20 **Journal three lines**
Write: What happened? How did it feel? What do I need right now?

21 **Warm shower or bath**
Let it be a transition between the hard part of the day and the rest of it.

22 **Tea ritual**
Make a warm drink and sit with it, without screens, until it's finished.

23 **Slow stretch or gentle yoga**
Follow a short routine or move however feels good.

24 **Prep tomorrow**
Pick your outfit, pack your bag, and write your top 3 tasks. Then you're done.

25 **Do something with your hands**
Doodle, color, knead dough, or water your plants.

Not sure what to pick?

Match what you're feeling to a starting point.

I feel...	Try #
Racing thoughts	2, 10, 20
Tense or tight in my body	1, 3, 11, 23
Stuck in a thought loop	8, 12, 17
Drained and overstimulated	6, 15, 21, 22
Frustrated or on edge	2, 9, 18
Alone with it	16, 20
Dreading tomorrow	13, 24

My personal top 5

Write down the resets that work best for you so they're ready next time.

1. _____
2. _____
3. _____
4. _____
5. _____

Reset check-in log

Track what you tried and how it felt. Patterns will show you what works.

Date	Reset #	Before (1-5)	After (1-5)	Notes

1 = very overwhelmed, 5 = calm

You don't have to fix everything today.
Just pick one small thing.