

The 3-Minute Reset Checklist

When a full self-care routine is impossible, do this instead.

Minute 1: HYDRATE

- Drink a full glass of water. Dehydration mimics anxiety and exhaustion. Any liquid counts.

Minute 2: BREATHE (Actually)

- Inhale 4 counts, hold 7, exhale 8. Do it 3 times. Activates your parasympathetic nervous system. Works even if you're not a yogi.

Minute 3: ANCHOR

- Name one thing you can see. One thing you can hear. One thing you can feel.
- Name one thing that's not terrible right now.
- The sun is out. My cat is soft. I'm wearing comfortable pants.

MICRO-DOSE VERSION (when 3 minutes is too much)

- Take one deep breath. Just one.
- Put your phone face-down for 60 seconds.
- Drink one sip of water.
- Look out a window for 30 seconds.
- These are not failures. They are successful micro-doses.

