

The Reset

*You are not
alone.*

IF YOU'RE NOT OKAY RIGHT NOW

988 call or text · 24/7

Text HOME to 741741 Crisis Text Line
2NDFLOOR 888-222-2228 · NJ teens
911 danger right now

At school: your counselor, your nurse, or
any adult you trust.

60-SECOND RESET

- 1 Feet flat.** Feel the ground.
- 2 Breathe.** In 4. Hold 4. Out 6. Five times.
- 3 Notice.** 5 things you can see, 4 hear, 3 touch, 2 smell, 1 taste.
- 4 Unclench.** Jaw, shoulders, hands.
- 5 One hour.** You do not have to solve everything. Just this hour.