

COME BACK TO YOURSELF

A 5-minute mind-body reset for moments of stress, overwhelm, and emotional activation.

NOTICE → NAME → BODY → NEED → NEXT STEP

You do not have to solve everything in the moment.

Sometimes the first step is simply creating enough space to hear yourself again.

A FREE EVOLUTION HEALING PRACTICE

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When Your Body Reacts Before Your Mind Catches Up

Stress can narrow attention. You may feel an urge to fix, flee, argue, shut down, over-explain, scroll, work harder, or make an immediate decision.

The goal is not to force yourself to feel calm. The goal is to notice what is happening, reconnect with your body, and create a little more choice before the next move.

YOU DO NOT NEED TO MAKE A PERMANENT DECISION FROM A TEMPORARY STATE.

Before you begin:

- Put both feet on the floor.
- Unclench your jaw if you can.
- Let your shoulders drop a little.
- Look around and notice where you are.
- Take one slower exhale.
- Give yourself five minutes before reacting.

1. NOTICE

What is happening right now—inside you and around you? Observe before interpreting.

A QUESTION TO HOLD

What would I notice here if I were curious instead of trying to fix myself?

My thoughts are...

My body is...

2. NAME

Name the emotion as simply as you can. More than one feeling can be true.

A QUESTION TO HOLD

What would I notice here if I were curious instead of trying to fix myself?

The feeling I notice most is...

If this feeling had a message, it might say...

3. BODY

Bring attention to where the experience lives physically. You are not trying to force it away.

A QUESTION TO HOLD

What would I notice here if I were curious instead of trying to fix myself?

I feel it most in my...

What changes if I soften around it by 5%?

4. NEED

Move beneath the reaction. What would support you in this moment?

A QUESTION TO HOLD

What would I notice here if I were curious instead of trying to fix myself?

What I actually need right now may be...

What I do NOT need to solve right now is...

5. NEXT STEP

Choose the smallest supportive next move—not the perfect one.

A QUESTION TO HOLD

What would I notice here if I were curious instead of trying to fix myself?

The next kind thing I can do for myself is...

The conversation, task, or decision I can return to later is...

A Simple Grounding Practice

If writing feels like too much, use this shorter version.

LOOK

Name 3 things you can see.

FEEL

Notice 2 places where your body is supported—the chair beneath you, your feet on the floor, your back against something.

EXHALE

Take 3 slower exhales. Do not force a huge breath; simply let the exhale be a little longer than the inhale.

ORIENT

Say quietly: “I am here. This is the moment I am in. I do not have to solve everything at once.”

CALM IS NOT THE ONLY GOAL. CONNECTION TO YOURSELF IS THE GOAL.

After grounding, what feels different—even slightly?

Optional EFT/Tapping Reset

If tapping is already comfortable for you, gently tap through the points you know while using a simple statement. There is no need to force the feeling away.

Beginning statement:

“Even though I feel activated right now, I am willing to notice what is happening without judging myself.”

Then move through a few brief phrases:

- This is what I’m feeling right now.
- My body is trying to tell me something.
- I do not have to solve everything this second.
- I can make room for one slower moment.
- I am listening for what I actually need.
- I can choose my next step when I am ready.

A phrase that feels true for me today is...

Note: If tapping increases distress or feels uncomfortable, stop and choose another grounding strategy.

Your 5-Minute Reset Card

Save this page. Return to it when you need a simple way back to yourself.

1. NOTICE

What is happening right now?

2. NAME

What am I feeling?

3. BODY

Where do I feel it physically?

4. NEED

What do I actually need—not forever, just right now?

5. NEXT STEP

What is the smallest supportive thing I can do next?

NOTICE. NAME. BODY. NEED. NEXT STEP.

My reminder to myself:

Come Back to Yourself

Being centered does not mean you never feel overwhelmed, angry, afraid, hurt, or uncertain.

It means you are practicing how to notice what is happening without automatically abandoning yourself inside the reaction.

You can care about other people and still hear yourself. You can take a pause without avoiding forever. You can feel something strongly without needing to act on it immediately.

KEEP WHAT NOURISHES YOU. • QUESTION WHAT LIMITS YOU. • REWRITE WHAT NO LONGER FITS.

What helps me return to myself is...

The signal that tells me I need a pause is...

The next time I feel activated, I want to remember...

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A gentle note: This guide is for education and self-reflection only. It is not psychotherapy, diagnosis, medical advice, crisis care, or a substitute for individualized treatment.