

Emotional Reset Toolkit

This toolkit is your go-to guide when you're feeling emotionally off-center. Whether you're overwhelmed, anxious, shut down, or just 'off,' this tool will help you regulate, reframe, and reconnect. Print it out, keep it nearby, and use it anytime you need a reset.

☒ Quick Diagnostic: What Am I Feeling?

Check one or more that apply:

- ☐ My thoughts are racing
- ☐ I feel disconnected or numb
- ☐ My heart is pounding or chest feels tight
- ☐ I want to yell / shut down / leave
- ☐ I'm overthinking or can't stop spiraling
- ☐ I feel heavy or hopeless
- ☐ I just need space to breathe

☒ Reset Menu by Emotion

Choose your emotion below and try the matching reset:

Anxiety:

- Put your hands under warm water for 2 minutes
- 5-4-3-2-1 grounding exercise (name 5 things you see, 4 you feel...)
- Say: "This is uncomfortable, not dangerous."

Sadness:

- Put on a song that mirrors your mood
- Wrap yourself in a blanket (self-comfort)
- Journal what the sadness is asking for

Anger:

- Do 10 pushups / shake your arms / stomp your feet
- Scream into a pillow or in your car
- Say: "This is energy, not the enemy."

Shut Down / Numb:

- Splash cold water on your face
- Move for 60 seconds (walk, jump, stretch)
- Text one safe person: "Can we connect?"

☒ Anchoring Script (1 Minute)

Say this aloud or silently:

"I am safe in this moment. I can feel my feet on the floor. I can choose one small thing. I am not my emotion—I am the one witnessing it. My breath belongs to me."

☒ 3-Minute Reframe Prompt

Set a timer and write:

- What am I believing right now?
- What else could be true?
- What would I tell a friend feeling this way?

☒ Connection Reboot

Try these after a disagreement:

- "I don't want to be right—I want to feel close again."
- "Can we start over? I miss us."
- "That didn't come out right. Can I try again?"

☒ Personalized Reset Plan

My go-to tools when I'm overwhelmed are:

1. _____
2. _____
3. _____

One sentence that helps me feel safe is:

When I notice I'm dysregulated, I will:

☒ Screenshot Cue Card

Print, screenshot, or write this out to keep on hand:

Pause. Breathe. Anchor.

- What's happening inside me?
- What do I need?
- What's one small thing I can do right now?

You are not your emotion. You are your return.