



The 2-Minute Reset Framework

When pressure rises, don't react — reset.

Stop (20 - 40 Seconds)

No replying. No thinking ahead. Just pause.

Breathe

Inhale 4 seconds → Exhale 6 seconds → Repeat 3 times.

Ask One Question

“What are my response options?”

Create choice before action.

Take a Micro Break

Stand, stretch, or look away from screens briefly.

Then Respond - Not React

Calm First - Action Second

Goal:

Interrupt stress before it accumulates.
