



fleurish
Reset Guide



5 Ways To Be

MINDFUL

1

Focus on what's happening around you. What do you see, hear, smell, taste, or feel?

2

Practice box breathing: inhale slowly for four counts, hold for four counts, exhale for four counts, then hold again for four counts before repeating.

3

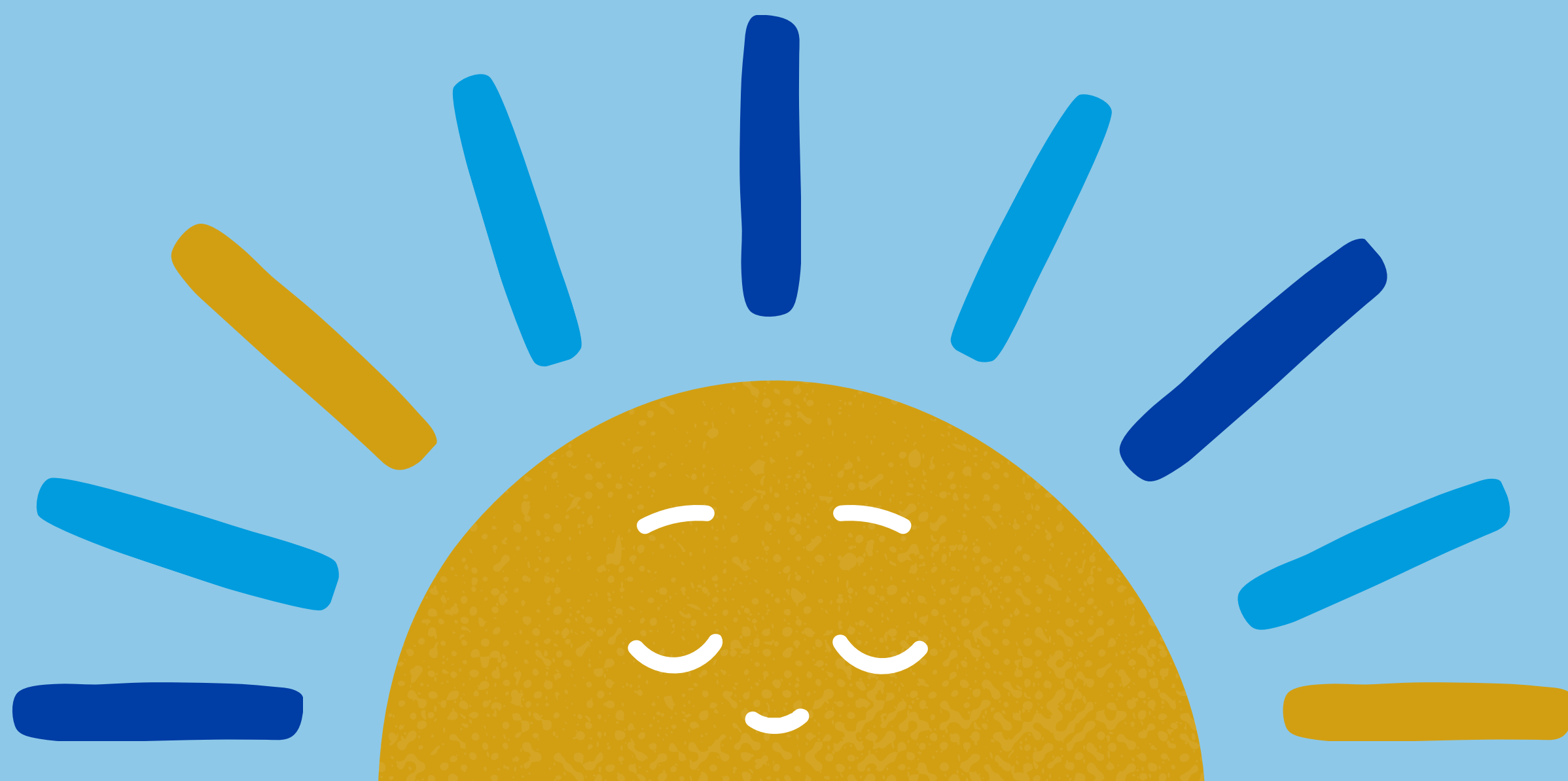
Show yourself compassion by thinking kind thoughts about yourself.

4

Focus on what brings you joy. Think of a person or place that makes you happy.

5

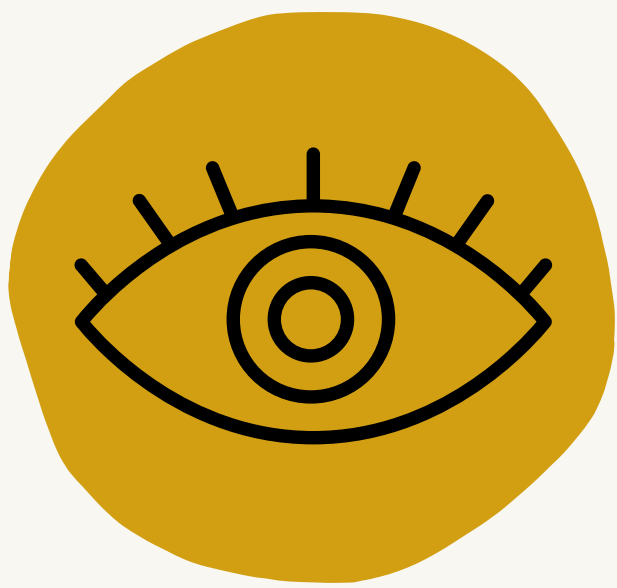
Find a quiet activity that makes you feel calm and allows you to focus.



Calming Strategy

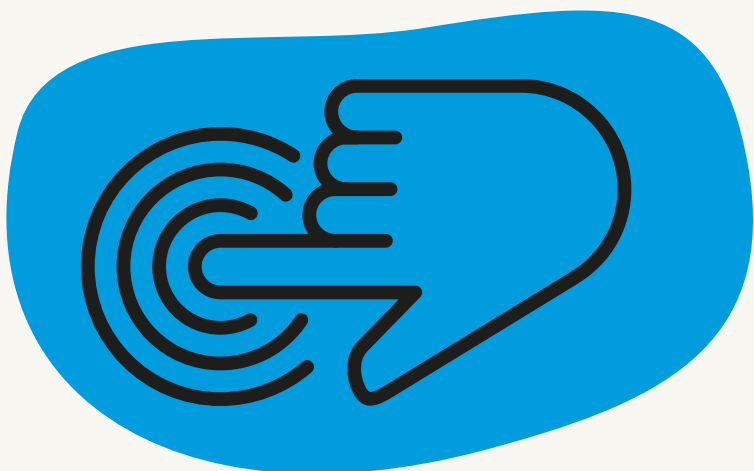
When you feel upset, try this 5-4-3-2-1 grounding activity.

Name ...



5

THINGS YOU CAN SEE



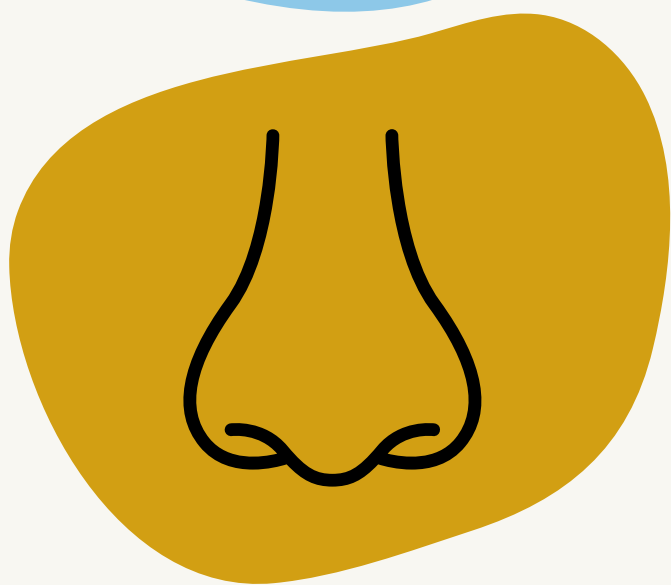
4

THINGS YOU CAN TOUCH



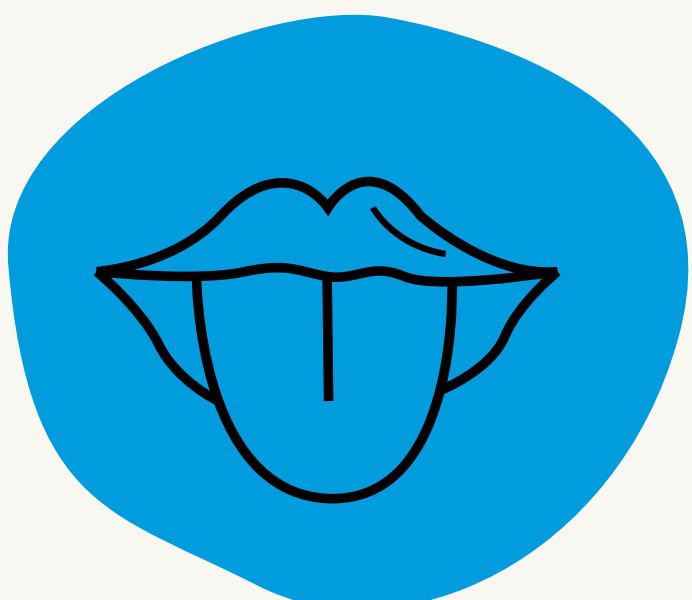
3

THINGS YOU CAN HEAR



2

THINGS YOU CAN SMELL



1

THING YOU CAN TASTE

10 MINUTE ACTIVITIES

for quick stress relief

Take a
short break



Journaling



Take a
10-minute walk



Listen to music
or meditate



Burn a candle or
essential oils



Call or text
a friend



Try
breathing
exercises