HUM
2 minutes Gently hum with your lips closed. Feel the vibration in your face, throat and chest.

Slows and extends your breathing, helping ease tension.

RELEASE
1 minute Gently squeeze your hands into fists for five seconds. Let go completely.

Repeat three times.
Releases physical tension and helps interrupt the stress response.

HEART
2 minutes Place one hand over your heart. Feel its warmth and the gentle pressure of your hand.

Stay there for a few moments.
Self-soothing touch can ease momentary stress and support emotional comfort.

WANDER
3 minutes Let your thoughts wander. Notice each thought as it appears, then let it go.
And the next.
And the next.

Helps quiet mental chatter and loosen repetitive thinking

THREE IN, ONE OUT
1 minute Take three short, gentle inhales through your nose, one after another.

Follow with one long, slow exhale through your mouth. Repeat.
An accessible breathing practice for moments of heightened stress.

LOOK
2 minutes Pause and slowly look around your immediate surroundings.

Notice colors, shapes, textures, light and small details you might otherwise overlook. Shifts attention outward and helps refresh a mentally busy mind.

A little booklet of Six small things you can do to feel a little steadier, softer and more at home in yourself. For the moments that feel like a lot.

I'm Marti McGinnis and this is one of the zines I'm creating out of a whole ongoing collection.

See them all at:
www.happyart.com/zines

6 Little Resets

science-informed ways to soothe your nervous system, ease stress and refresh your mind.