



THE 90-SECOND RESET TOOLKIT

A practical companion from the 90 Seconds series

THE RESET LOOP

Rate → Reset → Re-rate → Repeat if needed

Even a one-point drop means it worked.

Most people see results within 1–3 cycles.

BEFORE A MEETING OR PERFORMANCE

- Physiological sigh
- Widen vision
- Unclench jaw and hands

INTENSE BODY SURGE

- Tap side of hand
- Name 5 things you see
- Slow exhale

RACING THOUGHTS

- Write one sentence
- Say: 'Not useful right now'
- Return to breath

QUICK CALM

- Inhale 4, exhale 6
- Drop shoulders
- Soften gaze

GROUNDING

- Feel feet on floor
- Press fingers together
- Look for straight lines

SLEEP RESET

- Slow breathing
- Relax body top to bottom
- Repeat: 'Not now, later'

From the *90 Seconds* series by Dennis Dormady



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