

5-Minute Reset Walk

Slow down.
Breathe.
Be present.

A simple outdoor activity to help you feel calmer, more grounded and more connected.

1

1 minute:

Notice 5 things
you **see**.



2

1 minute:

Notice 4 things
you **hear**.



3

1 minute:

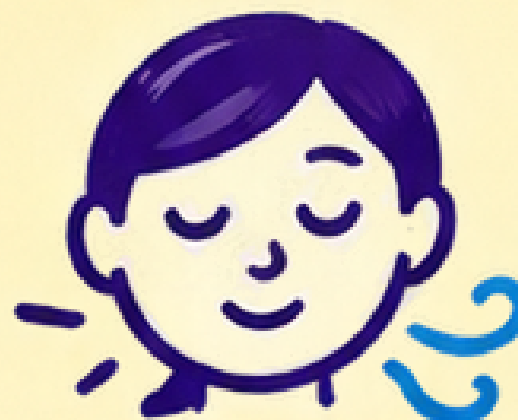
Notice 3 things
you can **feel**.



4

1 minute:

Take slow
breaths.



5

1 minute:

Think of one person
who **supports you**.



Small steps
make a big difference.

