



■ Blue Lights & Battle Scars – 5 Minute Reset ■

This quick reset is designed for veterans, first responders, and anyone dealing with stress in the moment. In just five minutes, you can ground yourself, calm your body, and reset your focus.

- **1. Ground Yourself (1 minute)**
Look around and name 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, and 1 thing you taste.
- **2. Breathe (1 minute)**
Inhale through your nose for 4 seconds, hold for 4, exhale slowly through your mouth for 6. Repeat 4 times.
- **3. Move (1 minute)**
Roll your shoulders, stretch your neck side to side, or stand and shake out tension in your arms and legs.
- **4. Reset Focus (1 minute)**
Choose one positive word or phrase (e.g., 'I'm steady' or 'I'm safe') and repeat it slowly while breathing.
- **5. Plan Next Step (1 minute)**
Ask yourself: What's the single next thing I need to do? Write it down or say it aloud.

■ **Tip:** Use this reset any time you feel overwhelmed – before a shift, after a call, or when stress hits hard.

■ Want more tools like this? Join the **Rookie Tier** at PositiveWaysUK.com and unlock full journals, guided audios, and community support.