Twenty 10-Second Resets

These skills are meant to create a quick shift when you need it most. They are NOT a complete self-care skills practice. Rather they are derived from hundreds of self-care practices. The resets provide an opportunity to try on a practice and see if you like it. If a reset requires you to do something you are unable to do, you have 2 options: First, you can picture the practice in your mind, because the brain does not know the difference between what you are thinking and what you are actually doing, you will get benefit from just thinking the reset. Or, you can just skip the reset and try another.

#	Reset	Description	Practice Source
1	Balance on one foot	Even for just 10 seconds, you burn more calories on one foot and become aware!	NEAT*/Awareness
2	Ear massage	Start with massaging both ears starting at the lobes and work your way up and around the whole ear. With 350+ acupuncture points on the ear, it's a full body massage	Acupressure
3	Full body PMR	Starting with your feet, tense all muscle groups up through the face. Relax and let it all out!	Relaxation Response
4	Qi Gong	Brings hands up overhead. Touch middle fingers and slowly bring the hands in front of the face, abdomen, then back to your lap. As you do this, think of washing away all tension.	Breathwork/ Mindfulness
5	Stand	Just stand! No matter where you are sitting shift your energy by standing for 10 seconds or more!	NEAT
6	Heart breathing	Place the hands over the heart. Close the eyes. Focusing on the heart, take 5 long, slow deep breaths. Smile and release.	Breathwork/ Mindfulness
7	Fingertip rescue	With hands on your lap, palm up, focus on the fingertips until you can feel a slight pulse in one or more fingers. When you've done this, you have shifted yourself from stress to relaxation response!	Biofeedback
8	Grateful thoughts	Close your eyes. Think of ONE thing you are grateful for. Write it down. Read it out loud. Smile and thank yourself.	Positive Psychology/ Journaling
9	Happy Place	Close your eyes. Imagine your happy place. Imagine yourself IN your happy place. What are you wearing?	Imagery
10	Poetry	Read a short, happy poem such as this one by Henry David Thoreau: "My life has been the poem I would have writ, But I could not both live and utter it."	Relaxation Response/ Creativity
11	Notice thoughts	Stop. Notice your thoughts right now. Label them. is this something you want to hold on to or let go?	Awareness
12	Notice the body	Close the eyes. Do a sweep of the body from the head to the feet, relaxing anything that's tense.	Awareness
13	Notice sounds	Stop. Close the eyes. Notice the sounds. Label them. Label the emotion you feel. Smile. Come back.	Awareness
14	Notice breath	Close the eyes and focus on the breath, just as it is for 5 breaths. Label the quality of the breath.	Awareness
15	Reframe	If you notice a negative feeling or thought – ask yourself, "how can I reframe this?"	Awareness
16	Yoga for carpal tunnel 1	Breathe. Clasp the hands. Keeping them clasped, push out from the chest with palms facing out. Bend the elbows slightly, then straighten, then bend, then straighten. Release the hands.	Yoga
17	Yoga for carpal tunnel 2	Bend the elbows. With palms facing front, push the hands in front of you until elbows are straight. Take a breath Keeping the hands flexed take the arms to the side. Take a breath. Release and smile!	Yoga
18	Write your name	It's not THAT easy ☺ Write your name with your non-dominant hand. Notice how you feel.	Neurobics
19	Read	Read something out loud to yourself. Smile while you are doing it.	Awareness
20	Move the Spine	Hands on the hips stretch the crown of the head to the ceiling. With regular breathing, twist left. Twist right. Lean left. Lean right. Bend forward. Bend back. Come center and notice how you feel.	Yoga & NEAT*

*NEAT = Non-Exercise Activity Thermogenesis

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