



Three Resets for Real-Life Motherhood

Pick one based on what your body will tolerate. A reset is a pause, not a cure. It can lower the intensity enough to make the next safe choice, ask for support, or step away before reacting.

RESET 01

Exhale First

Time: 60-90 seconds

Use when: your thoughts are fast but breath focus still feels safe

1. Unclench your jaw and breathe out normally before taking a new breath.
2. Inhale gently for a count of 4; exhale for a count of 6. Keep the breath comfortable, not huge.
3. Repeat five times while looking at one steady object in the room.
4. If you feel lightheaded, panicky, or air-hungry, stop and return to normal breathing.

Your cue: On each exhale: *I can pause before I respond.*

RESET 02

Press + Release

Time: 45-75 seconds

Use when: rage or agitation feels physical and needs somewhere safe to go

1. If holding a baby, place them safely in a crib or another safe location first.
2. Press your palms into a wall at about half-strength for 8-10 seconds. Keep breathing.
3. Release slowly for 5 seconds and notice the contrast. Repeat three times.
4. Step back, lower your shoulders, and decide whether you need space, water, food, or another adult.

Your cue: Say: *Strong feeling. Safe action.*

RESET 03

Orient + Move

Time: 90 seconds-3 minutes

Use when: you feel frozen, trapped, overloaded, or stuck in tunnel vision

1. Name five neutral details you can see. Keep your eyes open and let them move around the room.
2. Add steady movement: walk, march in place, sway, or roll your shoulders for 30-60 seconds.
3. Feel both feet contact the floor and name where you are, the date, and what happens next.
4. Choose one next action only: step outside, lower noise, send a support text, or handle the nearest essential task.

Your cue: Ask: *What would make the next ten minutes 10% safer or easier?*

WHEN A RESET IS NOT ENOUGH

If you are afraid you may hurt yourself or someone else, place your baby or child safely if you can, step away, and get help. Call 911 for imminent danger or call/text 988 for crisis support. For free 24/7 maternal mental-health support (not a crisis line), call/text 1-833-TLC-MAMA.