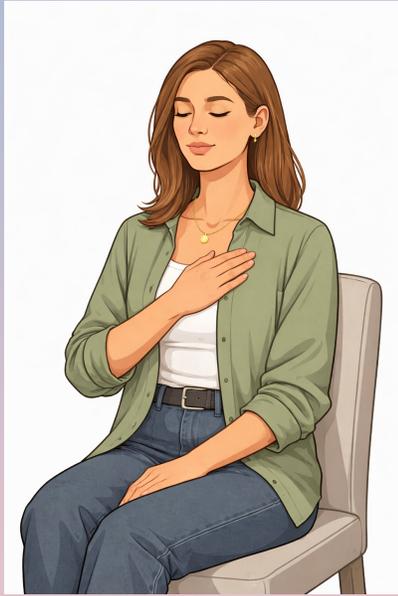
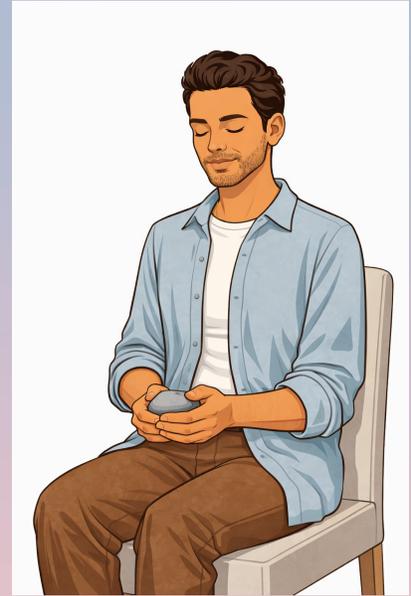


Gentle Reset



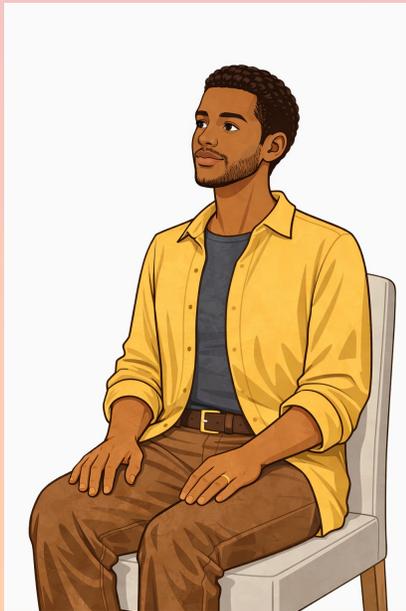
Place a Hand on Your Chest

Rest one hand on your chest or upper body and notice the physical contact.



Hold Something Familiar

Hold an object that feels familiar or steady and focus on its presence.



Recall a Completed Task

Briefly recall something you have already completed or managed today.



Gentle Self-Contact

Apply a light, supportive touch such as a hand on your arm or shoulder.