



The 5-Day Emotional Reset

for Students



A calm, supportive guide
to help students feel less
overwhelmed and
begin again.



RISE AND REFLECT

A calm, supportive place for students to begin again.



Day 1: Understanding Overwhelm

Sometimes it can feel like everything is happening all at once.

Thoughts begin to race.

Your body may feel tense.

You might not even know exactly what's wrong—but something doesn't feel right.

This feeling is called **overwhelm**.

And you are not alone in feeling this way.

Take a Moment to Reflect

1. When do I usually feel overwhelmed?

2. What does overwhelm feel like in my body?

3. What thoughts tend to show up when I feel this way?

Pause and Breathe

Sit comfortably.

Take a slow breath in through your nose.

Hold for a moment.

Then slowly breathe out.

Repeat this 5 times.

There is nothing to fix right now.

Just notice how you feel.

Today is not about changing anything.

It's about noticing.

Noticing is the first step toward feeling better.





Day 2: Slowing Down the Mind

Sometimes our thoughts move so quickly that it feels impossible to keep up.

One thought leads to another...
and then another...

Before you know it, your mind feels **busy**, **loud**, and overwhelming.

This happens to many students.

And it can make everything feel harder than it **needs to be**.

Slowing Down

Your mind is always trying to help you.

But when it starts moving too fast, it can feel like too much.

You don't need to stop your thoughts.

You simply need to **slow them down**.

Take a Moment to Reflect

1. What thoughts show up most when my mind feels busy?

 2. Do my thoughts feel fast, repetitive, or overwhelming?

 3. What is one **thought** I notice right now?

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Name the Thought

When your mind feels busy, try this:

- Pause for a moment
- Notice one thought
- Say it quietly to yourself:

"I am having the thought that..."

Example: "I am having the thought that *I can't do this.*"

This creates space between you and the thought.

Your thoughts are not in control of you.

You can notice them... slow them down...

Day 3:

Calming the Body

Use simple techniques to release tension and help your body feel calm and safe.



Reflection

- 1 Where do I feel tension in my body?

- 2 When I feel overwhelmed, what happens in my body?

- 3 What does my body feel like right now?

Simple Reset Exercise



Ground and Notice

- Sit comfortably.
- Place your feet flat on the ground.
- Gently notice the feeling of your feet touching the floor.
- Now look around and quietly name:

 **3** things you can see

 **2** things you can hear

 **1** thing you can feel

 Take a slow breath.

Closing Thought

*You don't have to do everything at once.
Sometimes, the first step is simply helping
your body feel calm again.*



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Day 4:

Changing the Inner Voice

Notice unhelpful thoughts and learn how to replace them with kindness and support.



Reflection

- 1 What is one unhelpful thought I have often?

- 2 How does that thought make me feel?

- 3 Is there a kinder or more helpful way to say this?



Simple Reset Exercise



Shift the Thought

Take one unhelpful thought and gently change it.

Example:

"I can't do this."

→ "This feels hard, but I can take it one step at a time."



Say the new thought quietly to yourself.



Closing Thought

*You don't have to believe every thought you think.
You can choose a voice that is calmer, kinder,
and more supportive.*



Day 5:

Moving Forward Gently

Take small, meaningful steps toward your goals with confidence and self-compassion.



Reflection

- 1 What is one small step I can take today?

- 2 What would feel manageable and realistic right now?

- 3 What helps me feel a little more calm or confident?



Simple Reset Exercise



One Small Step

Choose one simple action:

- start one task
- write one sentence
- take one small step forward

Then pause and notice:
"I started."



Small steps
create big change
over time.



Closing Thought

*You don't need to do everything.
You just need to begin—one small step at a time.
And you can begin again whenever you need to.*



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A Gentle Next Step



You've taken time to slow down, reflect, and begin to understand what you're feeling.

That matters.

You may not feel completely different—and that's okay.

Change doesn't happen all at once.

It happens in small, quiet moments... just like the ones you've practiced here.

You can return to these pages whenever you need to.

You can begin again at any time.



You are learning to take care of yourself—and that is something to be proud of.



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