

THE MENTAL RESET



WORKBOOK

STAFFORD COUNSELING AND CONSULTING LLC
KATIE STAFFORD, LCSW, QS

Why a Mental Reset Matters

Sometimes you don't need to push harder—you need to pause.

Stress, anxiety, and emotional overload live in the body just as much as the mind. When we don't allow time for regulation, it becomes harder to think clearly, set boundaries, or feel connected to ourselves and others.

This workbook includes grounding techniques, breath cues, gentle stretches, and journal prompts to help you reset your nervous system when emotions feel stuck.



This workbook will help you:

- Interrupt the spiral of overthinking
- Reconnect with your body through movement
- Regulate your breath and emotions
- Create space for compassion and clarity

MENTAL RESET CHECKLIST

Use this list when you feel overwhelmed, disconnected, or emotionally "stuck."

Grounding Tools:

5-4-3-2-1 technique (5 things you see, 4 touch, 3 hear, 2 smell, 1 taste)

Hold a comforting object (blanket, mug, essential oil roller)

Place feet flat on the ground and press down gently

Breath Cues:

Inhale for 4, hold for 2, exhale for 6 (repeat 5x)

Count your exhalations: 10 to 1, slowly

Box breathing (4 in, 4 hold, 4 out, 4 hold)

Movement Prompts:

Inhale for 4, hold for 2, exhale for 6 (repeat 5x)

Count your exhalations: 10 to 1, slowly

Box breathing (4 in, 4 hold, 4 out, 4 hold)

Reconnection Activities:

Drink water or tea mindfully

Step outside and feel the air

Write down one kind thing you can do for yourself today

SOMATIC STRETCHING PRACTICE

Breath In

Inhale deeply through your nose, exhale through your mouth. Do this 3 times.

Neck Roll

Slowly roll your neck in a full circle. Repeat in the opposite direction. Repeat as many times as necessary.

Heart Opener

Interlace your fingers behind your back and lift your chest. Hold this position for 30 seconds.

Side Stretch

Raise one arm overhead, lean gently to the opposite side. Switch sides. Hold each side for 15 seconds. Repeat as many times as necessary.

Sip

Take a mindful sip of water or tea. Notice the temperature, texture, and taste.

Stillness

Sit quietly with your eyes closed for 30 seconds.

Invitation: Let this be a moment where you choose rest without guilt.

JOURNAL PROMPTS FOR RECONNECTION

Affirmation: I am allowed to pause. My healing doesn't have to be rushed.

What is my body trying to tell me right now?

When was the last time I truly felt safe?

What does rest look like for me today?

What am I holding that I can gently put down?

What parts of me need more compassion?

FINAL WORDS



Your body deserves more than survival. It deserves peace,
presence, and pleasure.
Keep this workbook somewhere you can return to often—on your
desk, bedside table, or tucked into your journal.



Need more support?
Book a session, join a group, or explore
more resources at:

<https://linktr.ee/katielcsw>

Stay grounded, Stafford Counseling and Consulting, LLC