

- WORKBOOK -

# Micro-Reset Workbook

A gentle, three-part reset for overwhelmed,  
overstretched, beautifully human parents.

Written by

The Centre of Excellence in Child Trauma

# Grounding

“Come back to your body. Come back to this moment.”

When you're burnt out, your mind often races ahead to the next task or replays the last meltdown.

Grounding helps you pause the mental noise and reconnect with the present — even if the present is imperfect.

# The 5-4-3-2-1 Reset

A sensory grounding technique that interrupts overwhelm.

Take your time. There's no rush.

This exercise gently pulls your attention out of your thoughts and back into your body.

Notice...



5 things you can see



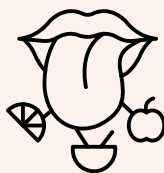
4 things you can touch



3 things you can hear



2 things you can smell

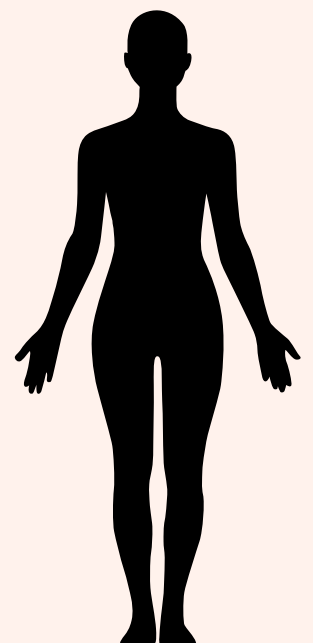


1 thing you can taste

# The “Feet on the Floor” Anchor

A 30-second reset for moments when you feel scattered or overstimulated.

1. Place both feet flat on the ground.
2. Press them gently into the floor.
3. Notice the support beneath you.
4. Take one slow breath.
5. Say quietly: “I am here. I am safe.”



This is especially helpful during tantrums, arguments, or chaotic transitions.

# The "Name Three Things" Interrupt

A quick way to stop spiralling thoughts.

Say (out loud or in your mind):

- One thing I can see right now is...
- One thing I can hear right now is...
- One thing I can feel in my body is...

This brings your attention back to the present moment.



# Reflection: What's Pulling Me Out of the Present?



Take a moment to write or think:

- My mind keeps jumping to...
- What I actually need right now is...
- One tiny thing I can do in the next 5 minutes is...

This helps you shift from overwhelm to clarity.

# A 60-Second Grounding Ritual

Try this when you feel like you're running on fumes:

- Place one hand on your chest
- Place the other on your stomach
- Take one slow breath
- Say: "I'm allowed to pause."



# Breathing

Your breath is the fastest way to calm your body.

When you're stressed, your breath becomes shallow and fast. These micro-breathing practices help reset your nervous system in under a minute — no meditation experience required.

## The 4-2-6 Breath (Calm in 12 seconds)

- Inhale for 4
- Hold for 2
- Exhale for 6

Repeat 3–5 times.

The long exhale signals safety to your brain.

## Box Breathing (For when you feel scattered)

Imagine drawing a square with your breath:

- Inhale 4
- Hold 4
- Exhale 4
- Hold 4

This is great during transitions — school run, bedtime, work calls.

## The “Sigh Out” Release

Perfect for moments of tension, frustration, or sensory overload.

1. Inhale normally.
2. Exhale with a long, audible sigh.
3. Let your shoulders drop.
4. Repeat twice.

This is one of the fastest ways to reset your nervous system.

# Reflection: What's Tight Right Now?

Check in with your body:

- Where am I holding tension?
- What happens if I soften that area by 10%?
- What emotion might be sitting underneath the tension?

This helps you reconnect with your body gently and without judgement



# Reframing

*Shift the story. Lighten the load.*

Burnout often comes from harsh self-talk, unrealistic expectations, and the pressure to be everything to everyone.

Reframing helps you soften the internal narrative and create more space for compassion.



# The "Is This True?" Check-In

When a stressful thought pops up, ask:

- Is this 100% true?
- Is there another way to see this?
- What would I say to a friend in the same situation?

This interrupts spirals and brings perspective.



# The “Good Enough” Reframe

Perfection is exhausting. “Good enough” is sustainable.

Try shifting:

- “I should be doing more.”  
→ “I’m doing what I can with the energy I have.”
- “I’m failing at this.”  
→ “This is hard, and I’m doing my best.”
- “Everything is a mess.”  
→ “Some things are messy, and that’s okay for today.”
- “I’m not patient enough.”  
→ “I’m human, and I’m learning.”



# The 10% Rule

Ask yourself:

“What would make this 10% easier?”

Not perfect.

Not fixed.

Just 10% easier.

Examples:

- Using paper plates
- Letting the laundry wait
- Asking your partner to take over bedtime
- Ordering takeaway
- Lowering expectations for the evening

Small shifts reduce overwhelm instantly.



# The “Three Wins” Reset

At the end of the day, write down:

- One thing I handled well
- One thing I’m proud of
- One thing that went better than expected

This helps your brain notice the good, not just the stress.



# Reflection: What Can I Let Go Of Today?

Write one sentence for each:

- One expectation I can soften is...
- One thing I don't need to do today is...
- One thing I can be proud of from today is...



"I can reset in small moments. I can come back to myself. I deserve calm."

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Centre of  
Excellence  

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in **CHILD**  
**TRAUMA**