



The 3-Minute Reset: A Simple Way to Find Your Breathing Room (Even When Everything Feels Chaotic)

When your day is packed, your brain feels foggy, and you're jumping from one task to the next without catching your breath—you're not alone. Your brain isn't designed for constant switching and pressure. This simple 3-minute reset practice can be your lifeline during chaotic days, requiring no special equipment or techniques—just a moment to pause and recenter yourself.

The 3-Minute Reset

This super simple practice has been my lifeline during chaotic days. It takes just 3 minutes (for real—set a timer!) and you can do it anywhere. No special equipment, no weird breathing techniques that make your coworkers stare.

1 Step 1: Pause the Chaos (30 seconds)

- Close your eyes (or just gaze downward if you're in public)
- Take 3 slow breaths—in through your nose, out through your mouth
- Roll your shoulders back and down twice
- Put both feet flat on the floor

Real talk: This tells your nervous system "hey, we're taking a quick break" and interrupts the stress cycle

2 Step 2: Clear Your Mental Clutter (60 seconds)

- Ask yourself: "What's the one thing taking up space in my head right now?"
- Write it down in 10 words or less (Notes app works great!)
- Take 3 more slow breaths knowing you've captured that thought

Real talk: This gets the mental chatter out of your head so it stops draining your energy

3 Step 3: Reset Your Focus (90 seconds)

- Think about what's next: "In this next [thing I'm doing], what actually matters most?"
- Decide what success looks like (super simple terms)
- Choose how you want to show up: "The energy I want to bring is..."

Real talk: This helps you stop running on autopilot and actually focus on what matters

When and How to Use This Reset

When to Use This

- Between Zoom calls when your brain feels fried
- Before walking into a situation that makes you nervous
- After a stressful conversation
- When you're feeling scattered and overwhelmed
- Any time you feel like you're running on fumes

How to Make It Work in Real Life

- Block tiny gaps between meetings (even 3 minutes helps!)
- Use it while waiting for your coffee to brew
- Do it in your car before walking into your house after work
- Try it in the bathroom (honestly, sometimes it's the only quiet place)
- Set a daily reminder at your most brain-foggy time of day



What You Might Notice

When my clients start using this regularly, they tell me they feel less frazzled by the end of the day, make better decisions when they're tired, remember what people said in meetings (because they were actually present), have more patience for the people in their lives, and catch themselves before reacting in ways they regret.

Taking It Further

A Little Extra Help

If you find this helpful and want to go deeper, here are some additional ways to incorporate the 3-minute reset into your daily routine.

Try it 3 Times Daily

Schedule a reset during morning, midday, and afternoon to create regular check-in points throughout your day. This creates a rhythm of mindfulness that prevents stress from building up.

Pair with Evening Wind-Down

Add a 5-minute evening reset to help your brain transition to rest. This signals to your nervous system that it's time to shift from "do" mode to "be" mode before sleep.

Target Your Scattered Times

Notice when you feel most scattered during your day and schedule your resets around those specific times for maximum impact on your focus and wellbeing.

The truth is, you don't need a complete life overhaul to feel better. Sometimes the smallest practices make the biggest difference.

Let's Stay Connected

Try this reset today and let me know how it goes! I'm always here if you have questions.

Because taking care of yourself shouldn't have to be complicated.

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