

The 3-Minute Reset & Boundary Phrases

Two short, practical tools for the middle of a hard workday: a grounding sequence for when your body decides something is a threat, and four phrases to lean on when you need a boundary and don't have the energy to overexplain.

PART 1 — THE 3-MINUTE RESET

- 1. Feet.** Plant both feet flat on the floor. Actually feel it — the pressure under your heels, your shoes holding your feet. Too simple to matter? It matters.
- 2. Eyes.** Find five things you can see without turning your head. Don't name them out loud — just let your eyes land on each one for a second. This pulls your attention out of the spiral and into the room you're actually in.
- 3. Breath.** Breathe out longer than you breathe in — roughly four counts in, six counts out. Don't count perfectly. The exhale is doing the work: it's the signal that tells your body it's safe to stand down.
- 4. One true thing.** Name where you are — out loud if you can, silently if you can't. The day, the place, one true thing about right now. "It's Tuesday. I'm at my desk. This meeting ends in ten minutes." Small, boring, factual. That's the point.

PART 2 — FOUR BOUNDARY PHRASES WORTH PRACTICING

"Let me check my workload and get back to you."

Buys you time to actually think instead of agreeing on reflex. You don't owe anyone an instant yes.

"That doesn't work for me, but here's what I can do."

Redirects instead of just refusing — easier to say, and easier for the other person to hear.

"I need to step away for a minute and I'll pick this back up."

Gives you an exit from an escalating conversation without having to justify why.

"I hear you, and I'll think about it."

A holding phrase for when you're caught off guard and need to not answer in the moment at all.

A boundary that goes well can still leave you shaky afterward — your body doesn't always know the difference between "that was hard" and "that was dangerous." If you're wound up after a tough conversation, that's a good moment to run the 3-Minute Reset above.

This isn't a cure and it isn't therapy. It's not a substitute for the deeper work of healing from trauma. If you're in crisis or thinking about harming yourself, please reach out to a crisis line or a professional rather than relying on a tool like this alone.

MINDFULNESS FOR PTSD AND WORKPLACE TRAUMA

This is one small piece of what's in the book. For one practical tool like this in your inbox every week, that's what the Reset List is for — short, practical, no fluff.

blog.mindfulnessptsd.com · mindfulnessptsd.com