



POCKET TOOLKIT

Quick Reset

project
HOPE[®]

Urgent relief.
Lasting impact.



Tools to Help You Calm Your Body, Anywhere

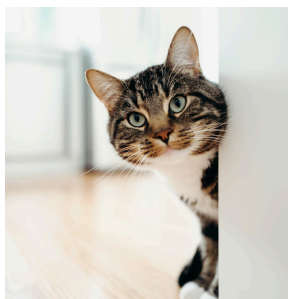
This toolkit is created to help you regulate stress in real time - especially in high-pressure moments like heavy traffic, long days, or emotional overwhelm.

Each tool in this guide is grounded in nervous system science and designed to fit in your pocket, your glove compartment, or your daily routine. Think of it as your go-to “calm companion” as you navigate the arc of recovery... however long that may be.

Breathe. Pause. Reset.

Try this:

Pair these tools with routines - like waiting at a red light, brushing your teeth, or brewing your morning coffee. **The more you practice, the more automatic calm becomes.**



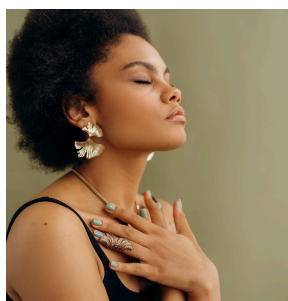
Orient



Breathe



Body Reset



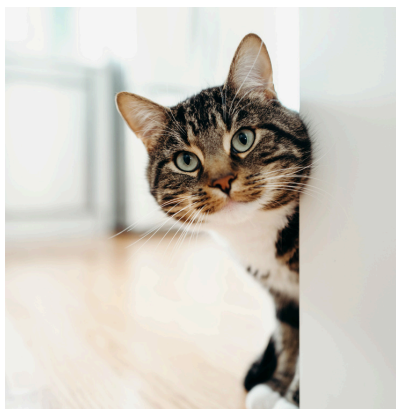
Heart Touch



Name It



Affirm



Orient

Look around you.

Name **5 things** you can see.
Focus on **colors, textures,**
or movement.

➡ *Helps your brain shift from stress to presence.*



Breathe

Inhale for 4... Exhale for 6–8.

Let the exhale be **longer**
than the inhale.

➡ *This tells your body it's safe to relax.*



Body Reset

Drop your shoulders.

Unclench your jaw. Wiggle
your fingers or gently tap
your legs.

➡ *Releasing muscle tension resets your system.*



Heart Touch

Place your hand over your heart.

Breathe deeply and say:
"Right now, I'm okay."

➡ *Touch and breath activate the calming center of your brain.*



Name It

Silently name your feeling:

"Tense." "Sad." "Lonely."
"Overwhelmed."

➡ *Naming it helps tame it.*



Affirm

Repeat a calming phrase, like:

"This is hard, but I can handle it."

"I am safe." "I am calm."

➡ *Words can shape your inner experience and strengthen resolve.*