NewLeaf Pathways
Supporting Your Journey to Wellness

FREE RESOURCE

Stress Reset Sheet

A brief grounding tool for moments of stress. Choose one exercise, then identify a small next step.

Type in the boxes using a PDF reader such as Adobe Acrobat, or print and write by hand. Your answers stay on your device; nothing is sent to NewLeaf Pathways.

Choose one grounding exercise

Progressive muscle release. Gently tense a comfortable muscle group for about five seconds, then release. Notice the difference. Avoid painful or injured areas.

The physiological sigh. Take one inhale through your nose, a second smaller inhale, then a long, slow exhale through your mouth. Repeat at a comfortable pace.

Butterfly hug. Cross your arms over your chest with your hands on opposite shoulders. Tap gently, alternating left and right, for about 30 seconds.

A quick STOP check

Stop. Pause what you are doing.

Take a breath. One slow breath in and out.

Observe. Notice your thoughts and feelings without judging them.

Proceed. Choose your next action deliberately.

Write it out

What is stressing me right now?

What is within my control today?

What small step will I take today?

Support when you need it

911
Immediate danger

988
Call or text for crisis support, 24/7

1-800-662-4357
SAMHSA treatment referral, 24/7