reset buddy

THE 3PM RESET · KEEP THIS AT YOUR DESK

Two minutes. Nobody will notice.

A way through the afternoon wave, without leaving your chair.

1 **Name it.**

In your head, say **"This is the 3pm wave."** Or name what it really is: **"This is a lot right now."**

2 **Breathe out longer than you breathe in.**

In for about four, then out, slowly, for six or more. Three times.

IN 4 · OUT 6 OR MORE · × 3

3 **Drop your shoulders. Unclench your jaw.**

Like putting a heavy bag down. Let your teeth come apart. If they creep back up, drop them again.

4 **Pick one next thing.**

Not the whole list. One small, doable thing, just for the next 20 minutes. Write it down.



From Amanda Perry
Founder of Reset Buddy

RESET BUDDY
RESET-BUDDY.COM

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FOR THE HARDER MOMENTS

When the wave hits harder

WHEN YOUR HEAD IS NOISY

Unhook from the thought.

Turn down what's coming in: notifications off for an hour. Then put five words in front of the loudest thought: *"I'm having the thought that..."* Say it again, and feel it loosen its grip.

WHEN ONE WORRY KEEPS LOOPING

Overthink the best case too.

1. Name the worst case, in one sentence.
2. Now the best case, in just as much detail.
3. Find the most likely. It's usually in between.
4. Take one small step toward it today.

WHEN IT'S TOO MUCH AT ONCE

Hold three. Let the rest wait.

1. Brain dump everything onto one page.
2. Circle the three that truly need you this week.
3. Set the rest down. For now, not forever.

2:55
ALARM · RESET

Make it stick. Set a weekday alarm for 2:55pm called "Reset". When it goes off, do the four steps. After a week, the alarm becomes the habit.

Want it guided in the moment? Open **Reset Buddy**, tap how you feel, and get a 2 to 5 minute reset that fits. Start your free trial at **reset-buddy.com**

Adults 18+. Reset Buddy is a wellbeing tool, not medical or emergency care. If things feel heavier than a hard afternoon, please reach out. South Africa: SADAG 0800 456 789. Elsewhere, contact your local helpline or emergency services.