

PTSD Reset Plan

Quick reset strategies to help calm your nervous system after a PTSD trigger or flashback.

1. Breathe & Reset

- Inhale slowly through your nose for 4 seconds.
- Hold for 2 seconds.
- Exhale through your mouth for 6 seconds.
- Repeat for at least 5 rounds.

2. Orient to the Present

- Say out loud: 'I am safe right now.'
- Look around and name 5 things you can see.
- Touch an object nearby and describe how it feels.
- Press your feet firmly into the ground.

3. Movement Reset

- Stand up and stretch your arms above your head.
- Shake out your hands, arms, and legs.
- Walk around the room slowly, noticing your steps.
- Do a strong push against a wall for 10 seconds.

4. Comfort Reset

- Wrap yourself in a blanket or hug a cushion.
- Sip a warm or cool drink mindfully.
- Hold something grounding like a smooth stone or stress ball.
- Use calming scents like lavender or mint.

5. Reflect & Reassure

- Remind yourself: 'This feeling will pass.'
- Note one thing you did well to keep yourself safe.
- Write a short sentence: 'I am in control now.'