



MENTAL RESET

— QUICK REFERENCE CARD —

★ — Simple tools. Stronger mind. Mission ready. — ★

STAY
FOCUSED
STAY
STRONG



1. PAUSE – CHECK IN

Take 30 seconds. Scan your mind and body.



MIND

- Overthinking
- Worried
- Distracted
- Stressed
- Irritable
- Numb



BODY

- Tight muscles
- Fatigue
- Headache
- Tension
- Rapid heartbeat
- Upset stomach

NOTES:

2. CONTROL VS. NO CONTROL

Focus your energy on what you can control.



I CAN CONTROL

- My attitude
- My effort
- My preparation
- My reactions
- My choices
- My focus
- _____



I CANNOT CONTROL

- Other people
- The past
- The outcome
- Other's opinions
- The weather
- Unexpected events
- _____



REMEMBER:

Worrying doesn't change things.
Preparing does.

3. QUICK RESET TOOLS



BOX BREATHING

4-4-4-4

Inhale 4 sec. Hold 4 sec.
Exhale 4 sec. Hold 4 sec.



5-4-3-2-1 GROUNDING

5 things you see, 4 you feel,
3 you hear, 2 you smell,
1 you taste.



TENSE & RELEASE

Tighten a muscle group
for 5 seconds.
Release. Repeat.



FOCUS RESET

Pick one task.
Give it your full attention
for the next 10 minutes.

4. WHEN THINGS GET HEAVY



TALK

Reach out to someone
you trust.
You don't have to carry it alone.



MOVE

Movement clears
your mind and resets
your body.



WRITE

Get it out of your head
and onto paper.
Clarity comes next.



REFLECT

Take time to check in
with yourself.
What do you need right now?



REST

Sleep is not a luxury.
It's a weapon.
Protect your rest.

5. MISSION REMINDERS

- ★ You are stronger than you think.
- ★ Asking for help is a sign of strength, not weakness.
- ★ Small daily habits build a strong mind.
- ★ You are part of something bigger.
- ★ Your mental health is mission critical.



YOU MATTER.
MISSION READY.

