

# ✓ Mind–Body Renewal Sheet



## Quick techniques to dissolve tension

### **1. Breath Sweep**

Inhale through the nose.

Exhale through the mouth as if releasing dust.

Let the breath clear the interior space.

### **2. Shoulder + Jaw Release**

Drop the shoulders, unclench the jaw.

Let the whole upper body soften downward.

### **3. One-Minute Awareness Reset**

Feel your feet grounded.

Notice three sensations.

Let presence replace mental noise.

### **4. Heart-Center Pause**

Hand over heart.

Soft breath.

Repeat silently: **"I return to myself."**

Feel peace expanding outward.

### **5. Micro-Stillness Moment**

Stay completely still for 5 seconds.

Recognize the calm behind all movement.

## **6. Reset Intention**

Finish with a simple inward direction:

**"Let clarity lead me."**



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