

TEEN RESET KIT



Tools to Regulate,
Reset, and Get
Back in Control



*When everything feels
like too much, this
helps you reset.*

Why This Happens

Sometimes your brain goes into overdrive or shutdown.

THIS CAN LOOK LIKE:

- Overthinking everything
- Snapping or getting irritated fast
- Wanting to disappear or check out
- Feeling overwhelmed or stuck



This is your nervous system trying to protect you.



You're not "too much" – your system is overloaded.



Awareness is the first step. You can learn to reset.

What Does It Feel Like?

When stress hits, your body might:



Heart racing



Tight chest



Shaky or restless



Zoned out / numb



Tense shoulders or jaw



Circle what shows up for you.

Pick a Reset Tool

You don't need to fix everything—just reset your body.



Breathing



Grounding



Muscle release



Movement

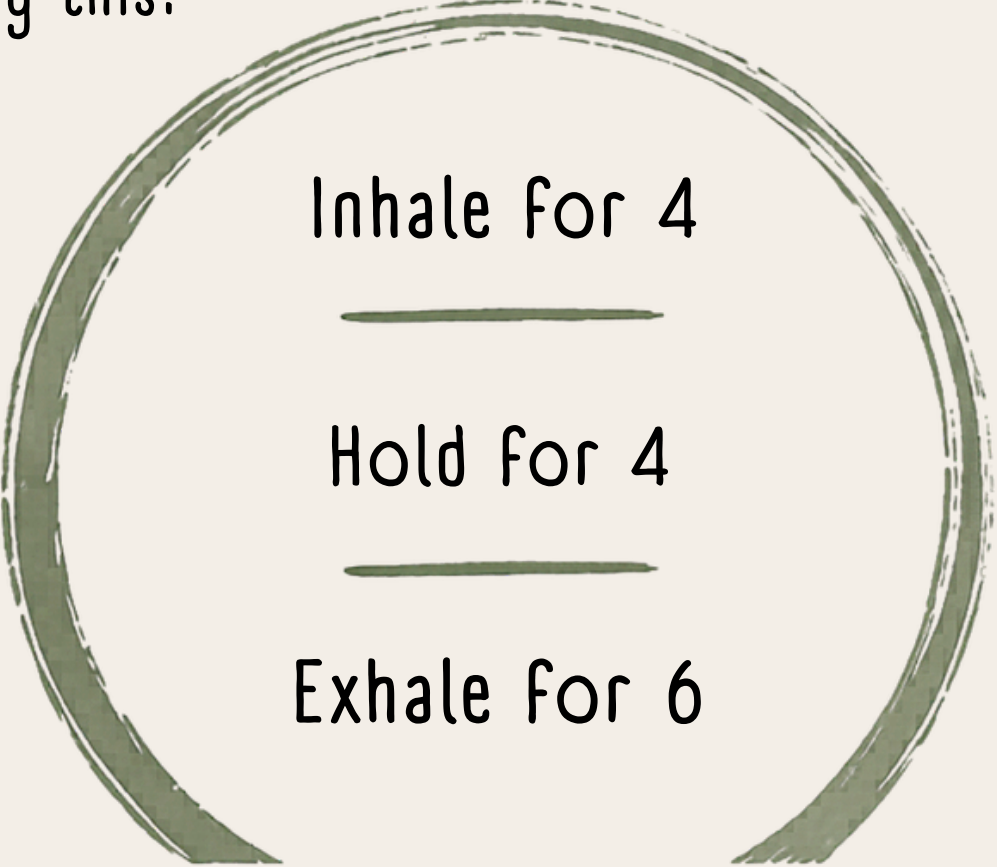


Sensory reset

Try it for 30–60 seconds.

Slow Your System Down

Try this:



Inhale for 4

Hold for 4

Exhale for 6

Repeat 5 times.



Longer exhales = your body
calms faster.

Get Out of Your Head

NAME:

5



THINGS YOU SEE

4



THINGS YOU FEEL

3



THINGS YOU HEAR

2



THINGS YOU SMELL

1



THING YOU TASTE

THIS PULLS YOUR BRAIN
OUT OF SPIRALING.



Reset Your Body



Clench fists
for 5 seconds
→ release



Tighten shoulders
→ drop



Press feet into
the ground

Tension out = calm in.



Burn Off the Stress

Pick one:



Walk fast for 2 minutes



Wall push



Shake out arms



Stretch

Movement helps your body
finish the stress cycle.



Check In

☐

Quiet

☐

Space

☐

Movement

☐

Music

☐

Someone to talk to

☐

Distraction

You get to choose
what helps.



Did It Help?

Before:



After:



Notice even small shifts.



When Nothing Works

If nothing helps right away:

- ♥ That's normal.
- ♥ You're not failing.
- ♥ Your system just needs more time.

Try again later
or switch tools.





Reset in the Moment

“

Slow it down.
You're safe right now.
This feeling will pass.

You don't have to figure
everything out—
just breathe and reset.

”



Say it. Breathe it. Repeat it.



My Go-To Reset Plan

Plan your reset before you need it.
Save this page and fill it out.



1. When I feel overwhelmed, I'll:

2. My go-to reset tools:

- ---
- ---
- ---



3. People who help me:

- ---
- ---



4. Reminders I need to hear:

- ---
- ---
- ---

5. My promise to myself:



You've got this. And you've got you.
Come back to your plan anytime.