



Mental Health Toolkit

5-Minute Resets for Business Owners

Feeling overwhelmed? Pick one activity and do it immediately for 5 minutes. A reset can disrupt a state of overload and restore clearer, calmer functioning.

Box Breathing Reset

Breathe in for 4 seconds → hold for 4 →
exhale for 4 → hold for 4.

Repeat for 5 minutes. This exercise should slow your heart rate and calm your nervous system.

Write It Out

Open notes on your phone or get some paper.
Write everything on your mind without organizing it.
Don't filter. Just get it out.
This will clear mental clutter and reduce anxiety.

Take a Walk (Without Your Phone)

Step outside and walk at a steady pace. Focus on your surroundings. No multitasking. The movement resets your brain and lowers stress hormones.

3–3–3 Grounding Exercise

Identify: 3 things you can see, 3 things you can hear, 3 things you can feel. The focus on something outside of what's happening to you pulls you out of feeling overwhelmed and back into the present moment.

One Small Win

Pick ONE simple task you can complete in 5 minutes. Finish it. This “win” creates momentum and restores a sense of control. Remember, you don't need to solve everything right now. Reset first. Then act.

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