# Reset Cards

OtterWell

Mental Health LLC

## Self-Soothe Kit

- A Self-Soothe Kit is a collection of items that appeal to all 5 of your senses.
- Use your Self-Soothe Kit when you are feeling stressed or having a difficult moment.
- Make a physical kit by gathering objects and resources, or make a digital kit by creating a list of items on your phone.
- Be sure you only include helpful items, nothing that is harmful to you.



Self-Soothe Kit and image from Dialectical Behavior Therapy, Vol. 2 (Moonshine & Schaefer, PESI, 2019)

## Self-Soothe Kit

Write down ideas for what you will include in your kit. Make sure to include something for all 5 senses.

Taste: _____

Touch: _____

Sight: _____

Hearing: _____

Smell: _____

## Diaphragmatic Breathing

- Use diaphragmatic ("belly") breathing.
- When you take a deep breath into your diaphragm rather than your chest, it helps activate the vagus nerve, which causes your whole body to relax.
- A relaxed body can help your mind relax too.
- Practice diaphragmatic breathing when you <u>don't</u> need it so it becomes second nature when you <u>do</u> need it.
- Pair your practice with something you do multiple times a day, like eating a meal, brushing your teeth, or getting in your car.

Print double-sided, flip on SHORT edge, at 100% / Actual size. Cut on the gray marks.

# Self-Soothe Kit

**Taste:** a hard candy or piece of gum (something that won't spoil quickly)

**Touch:** a soft piece of fabric, a rock or shell, bubble wrap, or some textured paper

**Sight:** photos of loved ones (including pets!), a soothing scene, or your favorite place

**Hearing:** songs that cheer you up or soothe you, a recording of a loved one, a musical instrument, a wind chime or bell

**Smell:** an essential oil, scented candle, or "scratch-and-sniff" sticker

# Square Breathing

Use diaphragmatic breathing with this exercise to calm your body and mind. Imagine the four sides of a square:

1. Breathe in while counting to four.
2. Hold for four seconds.
3. Exhale while counting to four.
4. Repeat four times.



Square Breathing and image from Dialectical Behavior Therapy, Vol. 2 (Moonshine & Schaefer, PESI, 2019)

Note: If the pace is too slow or too fast, adjust it. Over time, you can increase the length as you get better at this type of breathing.

# For the people everyone depends on.

You handle a lot. These cards are for the moments in between, like right before a hard conversation or at 6 p.m. when nobody has decided on dinner.

Flip to the one you need, write on them, and keep them where you'll see and use them.

The Reset Cards are self-help tools and aren't a substitute for therapy. If you're in crisis, see the Mental Health Resources at the back.

# Saying "No"

1. **Pause before you answer.** "Let me check and get back to you."
2. **Keep it short.** Over-explaining invites negotiation. "I'm not able to take that on" or "That won't work for me this time" get the job done.
3. **Offer a smaller yes (if you want to).** "I can't lead the project. I could review the draft proposal for you."
4. **Expect the guilt.** Feeling guilty for saying no doesn't mean you did something wrong.

My go-to phrase for saying no:_____

_____

# Delegate

- You're probably used to doing it all, and the old saying "If you want it done right, do it yourself" resonates with you.
- There are some tasks that truly only you can do.
- And there are probably other tasks that others could do well enough, at least temporarily.
- Think about what's on your "to do" list for the week and sort those into two categories on the next page: "Only I Can Do This" and "Someone Else Could Do This Well Enough."
- You may have to relax your standards for a bit to allow others to help you.

# Gratitude



Image by pch.vector on Freepik

Experience gratitude by reflecting on:

Something small I enjoyed:

_____

Someone who made today a little easier:

_____

Something that went more smoothly than expected:

_____

# Done List



Image by storyset on Freepik

Give yourself credit for what you've already accomplished today or this week by writing down and checking off the tasks you've completed. Nicely done!

| | |
|---|---|
| ○ _____ | ○ _____ |
| ○ _____ | ○ _____ |
| ○ _____ | ○ _____ |
| ○ _____ | ○ _____ |


OtterWell

Mental Health LLC

Virtual therapy for adults across Oregon

Stephanie Schaefer, Psy.D.
Psychologist & Founder
Oregon License #2396

info@otterwellmentalhealth.com
Phone: 503-836-3152
otterwellmentalhealth.com



Image by juicy_fish on Magnific

# What's For Dinner?

- You've made enough decisions today. Let a roll of the die decide what's for dinner by writing in a meal option for each side of a die. Give the die a toss to determine what's for dinner tonight.
- You can be specific (burgers) or give a category (breakfast).

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

## Helping capable, deeply responsible adults build a life where purpose, rest, and joy coexist.

Scan for printable Reset Cards and more resources

# Delegate

| Only I Can Do This: | Someone Else Could Do This Well Enough: |
|---|---|
| | |
| | |
| | |
| | |
| | |

# Mental Health Resources

- 988 Suicide & Crisis Lifeline: call or text 988
- Multnomah County: 503-988-4888
- Clackamas County: 503-655-8585
- Washington County: 503-291-9111
- Alcohol & Drug Helpline: 1-800-923-4357
- The Trevor Project: 1-866-488-7386 or text "START" to 678-678
- Trans Lifeline: 1-877-565-8860 (M-F 10-6 Pacific time)
- LGBT National Hotline: 1-888-843-4564
- Military Helpline: 1-888-457-4838
- David Romprey Oregon Warmline: 1-800-698-2392