Micro-Ritual Cards (3-Minute Practices)

These printable cards give you fast, powerful emotional resets. Each one is a 3-minute practice designed to regulate your nervous system, stop thought loops, or bring you back to center. Use them in-between lessons or whenever you need to reconnect with yourself.

The Nervous System Reset

Purpose: Calm your body when you're activated, anxious, or stuck in your head.

Steps:

- Place one hand on your chest, one on your belly.
- Inhale for 4 counts. Hold for 2. Exhale for 6. Repeat 3 times.
- Whisper: 'I am here. I am safe. I can slow down.'

Use when: You feel your chest tighten, your thoughts racing, or you're about to spiral.

The Grief Shaker

Purpose: Move emotional energy without overthinking it.

Steps:

- Set a timer for 90 seconds.
- Shake your arms, legs, hands, shoulders any movement that feels good.
- When the timer ends, sit still. Inhale once deeply. Exhale loudly.

Use when: You feel numb, overwhelmed, or like something is stuck in your body.

The Thought Loop Interrupter

Purpose: Stop mental spirals by shifting into a new frame.

Steps:

- Say out loud: 'The thought Im looping on is'
- Ask: 'Is this helping me feel safe, seen, or sovereign?'
- If no repeat your chosen affirmation 3x aloud.

Use when: You're obsessing over texts, replaying scenarios, or craving closure.

The Anchor Pose

Purpose: Regain a sense of identity and strength.

Steps:

- Stand tall. Feet hip-width apart. Shoulders relaxed.
- Press down through your feet. Imagine roots growing from your soles.
- Say: 'I am rooted in who Im becoming.'

Use when: You feel lost, uncertain, or triggered by external validation.

The Goodbye Whisper

Purpose: Create mini-closure for the moments you didnt expect to need it.

Steps:

- Place your hand on your heart.
- Say: 'I release what no longer serves me.'
- Exhale long and slow and imagine the feeling leaving your chest.

Use when: You get surprised by a photo, message, song, or memory.