

Thrive 101 | Rapid Reset

When we are bumped out of our resiliency zone (the place of well-being in mind and body), it can be very helpful to have a few go-to tools to reset the nervous system and help you get back in the zone.

The Minute to Arrive is a great go-to tool if you have been bumped out of your resiliency zone or begin to feel as if you could be bumped out. A Minute to Arrive is a one-minute exercise that can be practiced before engaging in a difficult situation. Using this tool allows the body and mind to be prepared for potential triggers or stressors. It can also be helpful once we are bumped out of our resiliency zone. If a difficult moment or engagement becomes elevated, and you get bumped out of your zone, take a minute to reset your nervous system so you can respond appropriately.

A Minute to Arrive can be a minute of singing, dancing, movement, breath, meditation; find anything that resonates with you and can help you quickly reset the nervous system. How do you know when the nervous system is reset? You will feel sensations in the body shift: the heart rate will slow down, your breath will relax, areas of your body that were tight or clenched will release, and the mind will be clear to respond.

For the purpose of this exercise, we will practice a Minute to Arrive using meditation.

- Breathe in through the nose
- Breathe out through the nose
- Breathe in, noticing the abdomen and lungs expanding
- Breathe out, feeling a sense of letting go
- Breathe in, take in a full breath
- Breathe out to let go of any tension
- Breathe in, feeling energy
- Breathe out, feeling relaxed
- Breathe in, creating space
- Breathe out, release

Other Resources

Podcasts:

- Meditation Minis

Apps:

- Simple Habit
- Breathing Zone