



THE 5-MINUTE CALM RESET

A Gentle Interrupt for Escalating Conversations

Step 1: Pause Your Body Before Your Mouth

When you feel activation (tight chest, faster speech, heat in your face):

- Inhale for 4
- Hold for 4
- Exhale for 6

Longer exhale signals safety to your nervous system.

Do not continue speaking while activated.

Step 2: Lower the Temperature With One Steady Phrase

Use one of these:

- “I want to say this in a calm way.”
- “Give me a second — I don’t want to react.”
- “This matters to me, and I want to explain it clearly.”

These phrases stabilize instead of escalate.

Step 3: Slow Down by 30%

Activation speeds you up.

Slow your voice.

Lower your tone slightly.

Shorten your sentences.

Leadership is steady.

Step 4: Repair Quickly If You Slip

If your tone sharpens, say:

- “That came out sharper than I meant.”
- “Let me restate that calmly.”

Repair builds more trust than perfection.

Remember:

You are not an angry person.

You are activated.

Calm is not silence.

Calm is leadership.