

Mini Sensory Reset Guide

Reconnect with your senses.

A mini sensory reset designed to be done
anywhere, anytime.



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**Hi there—
I'm so glad you're here.**

Life moves fast, and so do we. Sometimes, all it takes is a few intentional moments to reset, recharge, and restore balance.

This mini sensory reset is designed to be done anywhere, anytime—whether you're at your desk, in your kitchen, or on a quick break. It's a brief introduction to help you begin noticing the power your senses have in calming your body and resetting your nervous system. Remember that it's just the beginning.



GET READY TO RESET



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- **Pause & Breathe:** Close your eyes and take three slow, deep breaths. Inhale through your nose, exhale through your mouth. Feel your shoulders relax.
- **Engage Your Senses – Sight:** Open your eyes and notice three things around you that bring comfort or joy. Let your gaze soften and linger.
- **Engage Your Senses – Touch:** Pick up an object nearby (a pen, a mug, blanket, or a piece of chocolate). Feel its texture, temperature, and weight in your hand.





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- **Engage Your Senses – Sound:** Listen closely for 15 seconds. It could be the hum of a fan, birds outside, or your own breathing. Let the sound ground you.
- **Engage Your Senses – Taste:** If you have a small snack—especially a piece of chocolate—place it in your mouth. Let it melt slowly as you focus on its flavor and texture.
- **Engage Your Senses – Smell:** Take a deep breath in and notice any scents around you, or bring something fragrant (tea, essential oil, or chocolate) close to your nose.

You've just given your brain and body a mini vacation. Repeat this reset whenever you feel stressed, scattered, or in need of a fresh perspective.

WANT TO GO DEEPER?

Take the next step toward a calmer life. Fine-tune your skills through personalized coaching now, or join the self-paced sensory wellness course launching in 2026—visit **KaleiRoss.com**.

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