

# Mini Sensory Reset Guide

Reconnect with your senses.

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



by Dr. Kaley Ross

Sensory Wellness Coach | Chocolate Educator

# I'M DR. KALEI ROSS

**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



## MINI SENSORY RESET GUIDE

- **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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