

Sensory Reset Checklist

Instructions (include at the top of the printable or digital version)

Use this checklist when you feel overstimulated, scattered, or emotionally overloaded. A sensory reset can help calm your nervous system, improve focus, and create space for clarity.

- ✓ Set a short timer (3–10 minutes) to keep it low-pressure.
- ✓ Try one or more of the steps below — or mix and match what feels best.

Tip: You don't have to do them all. Even one small reset can help.

Checklist

Sound

- ☐ Lower the noise (turn off background sound, use earplugs)
- ☐ Switch to calming sounds (white noise, nature sounds, quiet music)

Sight

- ☐ Dim or adjust lighting
- ☐ Close visual clutter (e.g., close tabs, cover piles)
- ☐ Focus your gaze on a single, calming object

Touch

- ☐ Hold or squeeze a grounding object (fidget, stone, soft fabric)
- ☐ Use a weighted item (blanket, lap pad)
- ☐ Stretch or gently shake out tension



Breath

- ☐ Try 3 deep belly breaths
- ☐ Use a breathing app or count to 4 while inhaling, hold 4, exhale 4

Reset Reflection (optional)

☒ *How do I feel now?*

☒ *What helped most?*

-  *Combine this with our Environmental Reset Starter Guide for a full refresh.*
-  *Post this checklist somewhere visible for easy access during stressful moments.*