



THE 5-MINUTE GRACE RESET FOR OVERTHINKING

A simple faith-centered way to calm your mind and return to peace

If your mind won't slow down...

If you keep replaying conversations...

If you feel mentally exhausted but still can't rest...

You are not alone.

This is your moment to pause.

You don't need to figure everything out right now.

Just take the next 5 minutes with me.

Overthinking can look like:

- replaying conversations
- worrying about what might happen
- feeling mentally tired but unable to rest

This is not a lack of discipline.

It is often your mind trying to create safety.

Right now, we're not solving everything.

We're creating space.

The Grace Reset

1. NOTICE

Pause and gently ask yourself: "What am I thinking right now?"

No judgment.

Just awareness.

2. INTERRUPT

Ask yourself: "Is this thought helping me... or creating fear?"

Then say:

"I don't have to solve this right now."

3. RENEW

Speak this slowly: "God is with me in this moment."

Let that truth settle.

4. REST

- Place your feet on the ground
- Take 3 slow, deep breaths
- Say: "I am allowed to rest"

Stay here for a moment.

Peace doesn't come from figuring everything out.

It comes from returning to the present moment—
again and again.

And you just did that.

This 5-minute reset is just the beginning.

If you're ready to go deeper and break the cycle of overthinking, I created a 7-day Grace Reset to guide you step by step.

If this helped you feel even a little calmer...imagine what consistent support could do.

Start your 7-day reset here:

<https://www.calypsohealthandwellness.com/category/all-products>

— Holly

Calypso Health & Wellness

Moving you toward balance