

Free Library Guide #018

Stress Reset in 5 Minutes

DonDada The Resetter™

A Quick Transformation Guide • Free Library

Welcome

Stress is part of life, but staying overwhelmed doesn't have to be. This guide introduces a simple five-minute reset you can use to regain focus, calm your mind, and respond more intentionally.

DonDada Quote

"A few intentional minutes can change the direction of an entire day." — DonDada The Resetter™

The 5-Minute Stress Reset Framework

- 1. Pause** – Step away from the immediate pressure if possible.
- 2. Breathe** – Take slow, steady breaths for one minute.
- 3. Notice** – Identify what is creating your stress.
- 4. Choose** – Decide on one helpful next action instead of reacting.
- 5. Continue** – Return to your day with renewed intention.

Real-Life Example

Before responding to a stressful email or conversation, take five minutes to breathe, organize your thoughts, and choose a calm response. That short pause can completely change the outcome.

Your Stress Reset Workbook

- What situations trigger my stress most often?
- How does stress usually affect my thoughts or actions?
- What helps me feel calmer?
- What is one healthy response I can practice next time?

3-Day Stress Reset Challenge

Use the 5-minute reset once each day for the next three days. Record how your mood, focus, or decisions changed afterward.

Key Takeaways

- Pause before reacting.
- Breathing creates space to think clearly.
- Small resets can prevent bigger problems.
- Practice makes calm responses easier.

Continue Your Reset

Emotional Wellness: Emotional Awareness Starter

Self-Care: Simple Self-Care Guide

Mindset: Mindset Reset Starter

Productivity: Morning Reset Routine

Continue Your Journey

Free Library – Explore resources across many categories.

Individual Libraries (\$11/month each) – Dive deep into one subject.

Creole Library (\$25/month) – Personal development resources in Haitian Creole.

All-in-One Library (\$55/month) – Includes every \$11/month library plus standard online courses.

VIP Membership (\$250/month) – Includes the All-in-One Library, premium online courses, and one private consultation each month.

Resetter's Inner Circle (\$500/month) – Includes everything in VIP, the exclusive Emotional Reset Library, and four private consultations each month.

Library Information

Series: Starter Guides • Guide #018 • Reading Time: 10 Minutes • Beginner