

Put It in a Bubble™

A 5-Minute Mental Reset for When Your Mind Won't Slow Down

A Gentle Reminder

When everything feels loud, you don't need to solve it all. You don't need a plan. You don't need motivation.

You just need a place to put what's weighing on you-for now.

That's what this is.

Take a breath. Let's begin.

The Practice

1

Empty the Noise

What's taking up space in your head right now?

Write it all down — unfinished thoughts, worries, reminders, emotions. There's no order. There's no right or wrong.

Just get it out of your head and onto the page.

2

Put It in a Bubble

Look at what you wrote.

Now choose **one thing** you can't deal with right now.

Not because it doesn't matter but because *you matter too*.

Circle it.

Imagine placing it gently inside a bubble.

It's still there. You're just not carrying it in this moment.

3

Choose One Small Action

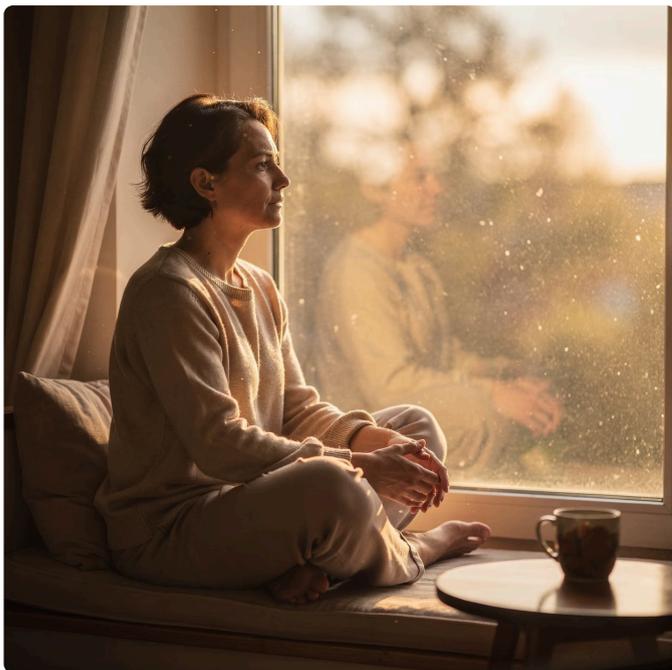
Now ask yourself:

What is one small thing I *can* do today?

Not everything. Not the perfect thing. Just one doable step.

Write it here.

Reflection & Closing



Reflection (Optional)

How do you feel after putting this in a bubble?

Lighter? Clearer? Still unsure, but calmer?

Whatever it is, notice it without judgment.

Write it down:

📄 Pause for a Moment

Take one slow breath.

In through your nose. Out through your mouth.

You don't have to fix everything today.
Some things just need space.

Before You Go

You can come back to this anytime.

Whenever your thoughts feel heavy or your mind feels full,

put it in a bubble.

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