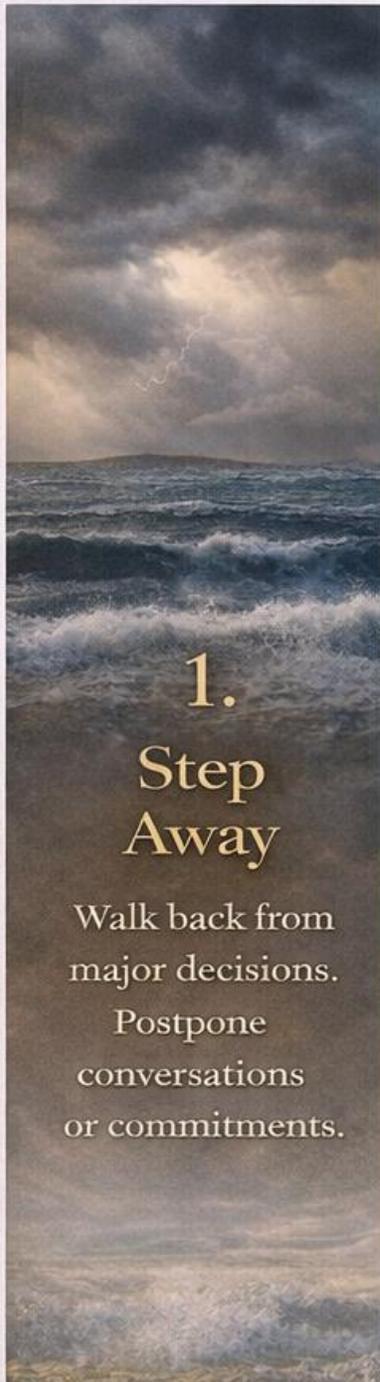


Life.Under Pressure.

THE 72-HOUR RESET

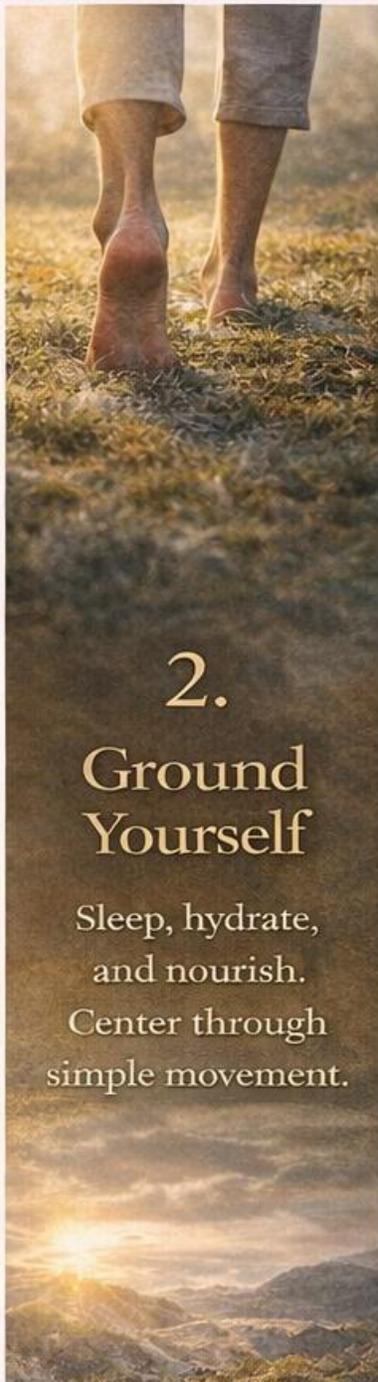
*Give yourself 72 hours to implement these steps
before taking drastic actions.*



1.

Step Away

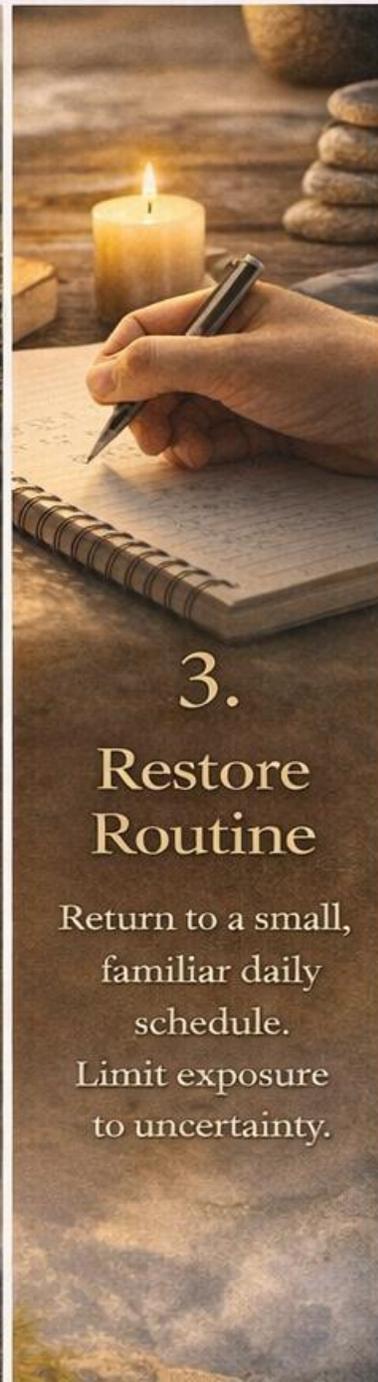
Walk back from
major decisions.
Postpone
conversations
or commitments.



2.

Ground Yourself

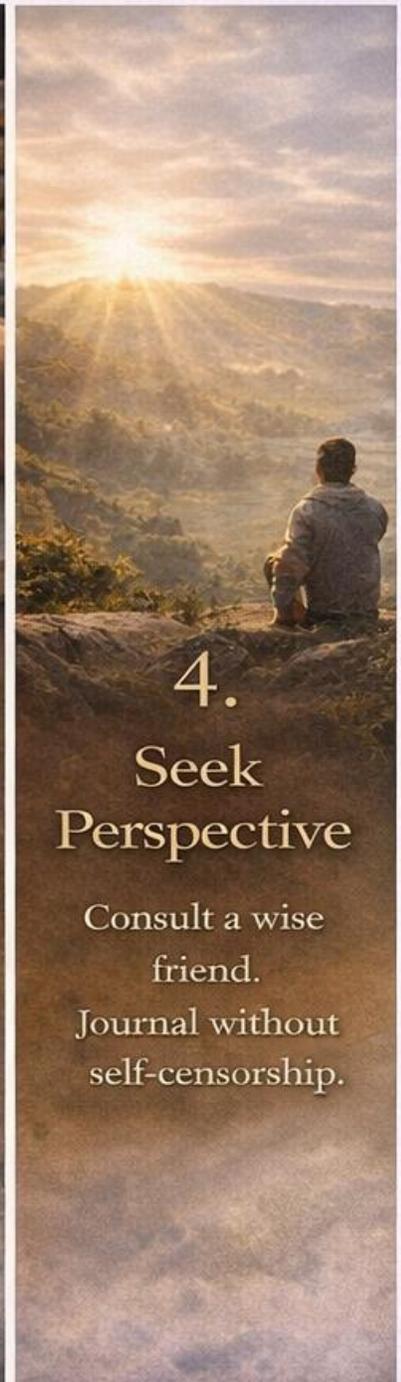
Sleep, hydrate,
and nourish.
Center through
simple movement.



3.

Restore Routine

Return to a small,
familiar daily
schedule.
Limit exposure
to uncertainty.



4.

Seek Perspective

Consult a wise
friend.
Journal without
self-censorship.

The 72-Hour Reset

Give yourself 72 hours before making irreversible decisions

A structured protocol for regaining footing after acute destabilization.

When destabilization spikes — pause.

Not forever. Just long enough to restore baseline clarity.

Major decisions made during emotional escalation often create long-term consequences.

This reset creates space between reaction and action.

Step 1 — Step Away

Walk back from major decisions.

Postpone high-stakes conversations.

Delay commitments if possible.

If something truly matters, it will still matter in 72 hours.

Pause prevents panic from steering your future.

Step 2 — Ground Yourself

Regulate the body first.

Sleep.

Hydrate.

Nourish.

Move gently.

Physical stability restores cognitive stability.

Step 3 — Restore Routine

Return to a small, familiar daily structure.

Keep mornings simple.

Limit exposure to destabilizing inputs.

Complete one predictable task.

Routine rebuilds psychological safety.

Step 4 — Seek Perspective

Consult someone steady — not reactive.

Journal without self-censorship.

Write facts separately from fears.

Zoom out before zooming in.

Perspective reduces distortion.

Why 72 Hours?

Three days is often enough to:

- **Lower emotional intensity**
- **Restore physiological balance**

- **Interrupt scarcity spirals**
- **Re-engage executive function**

It is not avoidance.

It is stabilization.

When to Use This Tool

- **After financial shock**
- **During relational conflict**
- **When facing career decisions**
- **When belief systems are challenged**
- **During acute stress spikes**

Stability precedes clarity.

Clarity precedes wise action.