

# Pod Reset Flow

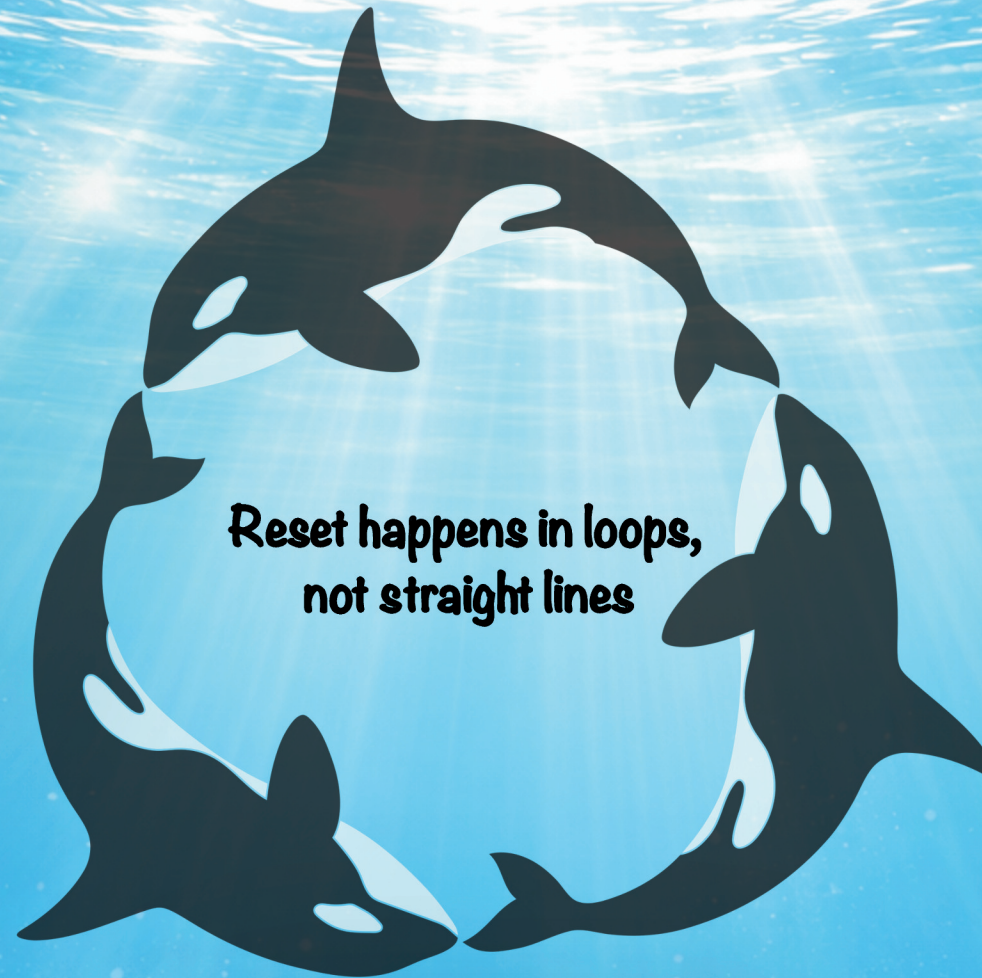
## 1. Check Self

What's going on inside me right now?

- Body: tense, tired, overstimulated?
- Emotions: overwhelmed, frustrated, shut down?
- Needs: rest, space, food, quiet?

Tools:

- Take 3 slow breaths
- Name I feeling
- Put a hand on chest/heart



**Reset happens in loops,  
not straight lines**

## 2. Check Environment

What around me might be adding to this?

- Noise level
- Lighting (too bright/dim)
- Clutter or chaos
- Temperature / comfort

Tools:

- Lower noise / step away
- Dim lights
- Change rooms or position
- Reduce input (pause TV, step outside)

## 3. Check Connection

Do I need support or connection right now?

- Do I need help?
- Do I need space?
- Do I need reassurance?

Tools:

- Sit near someone safe
- Ask for help (simple words)
- Text someone
- Offer connection to child (if caregiver)

**Like a pod, we regulate through awareness, environment, and connection~we're not meant to do this alone.**