

A FREE GUIDED MEDITATION

5-Minute Reset

A Guided Meditation to Ease Anxiety
and Reconnect with Yourself

www.cadencepsychologystudio.com

Cadence
Psychology Studio



Welcome

In the midst of a busy life, even a few moments of intentional breathing and presence can provide a shift in your emotional experience. This brief meditation is designed to help you reconnect with yourself — offering an opportunity to be still, to notice what is, and to lean into a whole body and mind reset.

Dr. Jessica



To Experience the Reset:

✧ To mindfully read the meditation at your own pace, simply scroll to the next page.

✧ To listen to the guided meditation, scan the QR code to access the audio/video version.



Meditation Script

Welcome. Take a moment to settle into a comfortable position.

Let your spine lengthen naturally. Allow your shoulders to soften away from your ears.

When you're ready, gently close your eyes if that feels right for you.

Begin by noticing your breath – the gentle rise and fall.

There's no need to change anything. Just observe the natural rhythm moving through you.

Imagine all parts of you—your thoughts, your energy, your emotions—gently returning to this moment.

See the tendrils of your being, stretched thin by the demands of the day or scattered by worry or stirred by excitement, slowly making their way home to you.

Like light filtering through the trees in a forest or waves lapping and returning to the sandy shore, allow each piece of yourself to settle back into your center.

Feel the fullness of your presence gathering here—soft, grounded, whole.

And with gentleness, invite your awareness to shift inward.

For these next few moments, let your attention settle inside—just noticing what's present within you.

Approach whatever you find with a soft, curious gaze, as if you're quietly observing from a calm distance.

Remember, the part of you that notices is always steady—unmoving, neutral, and at ease.

Begin to sense into your body—noticing any areas that feel tight, tense, or achy. Places that might be calling out for care or rest.

And also noticing the areas that feel soft, at ease, or open. You're simply tuning in, gently scanning your inner landscape.



Bring your attention to the area around your heart. Notice how it feels—any weight, tightness, or emotion that may be resting there. Perhaps there's sorrow, grief, or a quiet ache.

Observe with a kind and curious presence—no need to fix or judge.

Just witnessing, with neither praise nor blame.

Let your breath slowly rise through your chest,

Then soften again with each exhale.

Returning to your breath...As you inhale, invite a sense of steadiness.

As you breathe out, imagine releasing any tension in your mind and in your body you no longer need to carry.

With each inhale, think: *I am arriving in this moment. I am here.*

With each exhale, think: *I am letting go of what weighs me down.*

If your mind begins to wander, that's okay. Simply notice, and return kindly to the feeling of your breath.

Place one hand over your heart if that feels comforting. Feel the quiet strength and sturdiness that lives within you. That has always resided within you.

Inner calm. Peace within. Sturdy. Spacious.

Silently offer yourself a phrase of care:

I am doing my best. I am allowed to rest. I am worthy of compassion.

I am doing my best. I am allowed to rest. I am worthy of compassion.

I am doing my best. I am allowed to rest. I am worthy of compassion.

Take one more deep, nourishing breath.

When you're ready, gently open your eyes, bringing this sense of calm and kindness back into your day.





HOW TO USE THIS MEDITATION

Use this meditation anytime you need a gentle pause. Over time, small moments of self-connection can build inner steadiness and a deeper sense of trust in yourself.

Questions?

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