

60 Second Retreat

Beat Overwhelm with our 60 second Micro Retreat



When you find yourself, overwhelmed and stressed and know you need to shift out of it, it's time for a 60-Second Micro Retreat!

When life feels overwhelming, and we find ourselves stressed, reactive, and spiraling, it's reassuring to know we can take control. We can stop the spiral, calm ourselves, and prevent a tough moment from turning into a bad day—or even a bad week. Best of all, it only takes 60 seconds to reset.

STEP 1:

Find a comfortable position, close your eyes, and focus on slowing your breath.

STEP 2:

Choose a mantra or affirmation that feels grounding and calming to you.

Some examples include: I am connected, I am loved, I am safe, Let it go, I release my frustration, I let go of my anger.

Repeat your chosen mantra for 60 seconds, relaxing your jaw, neck, and shoulders as you do so.

STEP 3:

Return to the present moment by taking a deep cleansing breath. Inhale briefly, then exhale slowly with a sigh. To enhance this 60-second Micro Retreat, think of three things you're grateful for—adding gratitude can elevate the experience even further.

3 CALMING MANTRAS:

Using a mantra helps redirect your focus from the chaos around you to a place of calm within.

1. Release – Repeating the word “Release” signals your mind and body to let go of stress, fear, and worry.
2. All is well. I am safe. – Whether you say one part or both, this mantra helps reframe your mindset and reminds you that everything will be okay, even if it doesn't seem so right now.
3. I breathe in love. I breathe out fear. – Pair this mantra with your breath, focusing on the rhythm of inhaling love and exhaling fear. This dual focus on breath and words can create a deeper sense of calm.