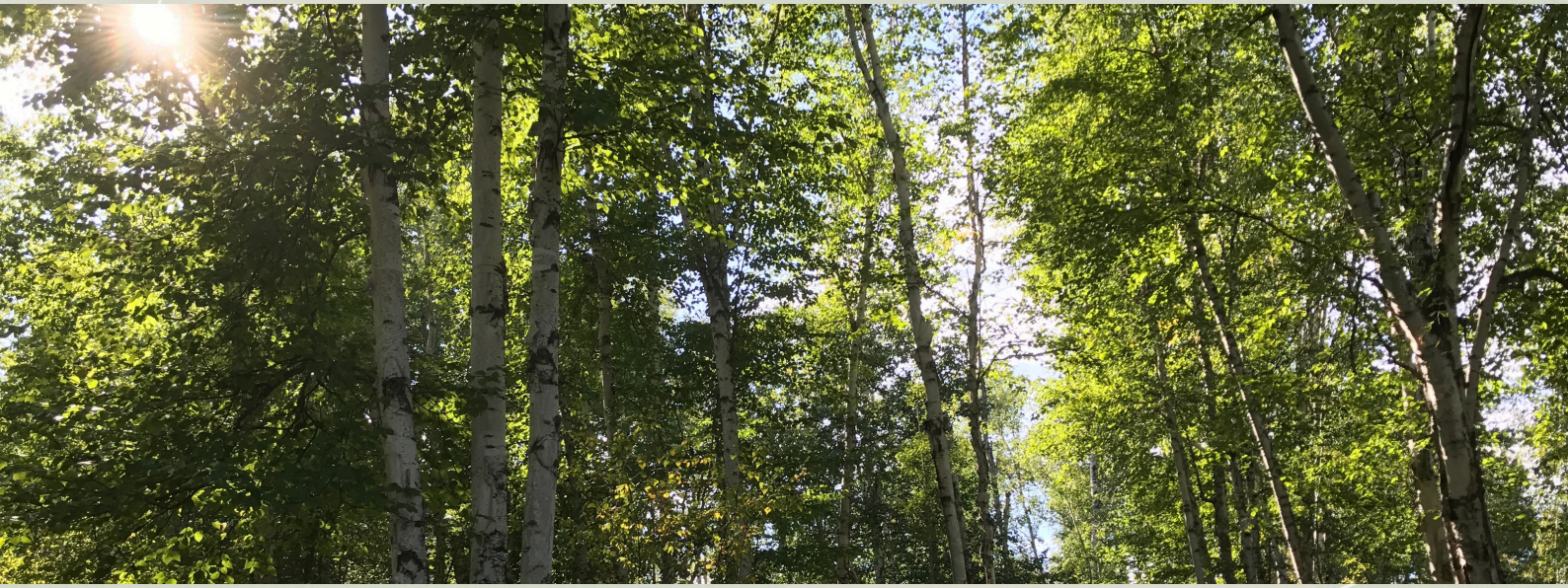
SUE CRITES
QIGONG
breathe • heal • shine

THE ONE-MINUTE RESET

CALM WORRY & GROUND YOUR ENERGY

by Sue Crites MSc.
Qigong Teacher & Wellness Guide



Welcome

Hi, I'm Sue. I created this simple one-minute practice to help you find calm in the midst of life's busyness.
If you ever feel caught in worry, overthinking, or overwhelm, this guide is for you. It's a reminder that you carry the power to shift how you feel—anytime, anywhere—by returning to your breath, your body, and the present moment.

Why This Practice Works

When your mind is racing, your nervous system is on high alert. Your breath becomes shallow, your heart may race, and your body holds tension.

This one-minute reset activates your body's natural calm response—helping you feel more grounded, centered, and clear.

The One-Minute Reset Practice

Here's how to practice anytime you need to come back to yourself:

Pause: Sit or stand comfortably. Place one hand on your lower belly and one hand over your heart.

Breathe. Inhale through your nose gently—feel your belly rise. Exhale through your nose slowly—feel it soften.

Imagine. With each breath, imagine your energy flowing down into your feet, like roots reaching into the earth.

Repeat.Take 3–5 slow breaths this way. Let your body relax. Let your mind settle.



When to Use This Practice

- When you feel worried, restless, or overwhelmed
- Before bedtime to settle your mind
- After a difficult conversation
- Before making an important decision
- Anytime you need to reset your energy and focus

A Gentle Reminder

Even one breath can begin to shift your energy.
The more you practice, the more grounded and calm you'll feel.



Want More?

If you'd like to explore more ways to:

- Calm your mind
- Build energy and vitality
- Connect with the seasons and your natural rhythms

... I'd love to welcome you into my Energy in Motion community, where I teach Qigong, breathwork, and simple seasonal practices to help you feel your best—inside and out.



With Warmth,
Sue Crites

For more calming practices, visit www.suecrites.ca