

Run It Live: A 5-Minute Team Reset

A ready-to-facilitate micro-session — follow the timed steps. No prep needed.

START • 30 SEC

Ask the team to recall a recent high-pressure moment — and notice how stress showed up in their body, tone, and focus.

1



PAUSE • NOTICE • 1 MIN

Name your stress signals.

What do I look like under pressure? What might my team be picking up from me?

2



RESET • RE-CENTER • 1 MIN

Take one slow breath. Slow down.

Pick one reset habit you will actually use in the moment.

3



RESPOND • CHOOSE • 1 MIN

Re-enter with calm and clarity.

Respond intentionally instead of reacting on autopilot.

WRAP • 1 MIN

Name one Pause–Reset–Respond moment to practice before your next meeting or hard conversation. Share it if you'd like — or simply reflect on it privately.

Key point: *Resilience is built in small, repeated moments of intentional response. · Total run time ≈ 4–5 minutes.*

Your Facilitator Guide: Run It Live

New to leading team activities? Follow this script top to bottom for a calm, confident 5-minute reset — the team only sees the previous slide.

RUN THE SCRIPT · ≈ 5 MIN

START · 30 SEC — Set the scene

Ask the team to recall a recent high-pressure moment and notice how stress showed up in their body, tone, and focus. They just hold it in mind — no need to share yet.

1 · PAUSE / NOTICE · 1 MIN

Have everyone name their stress signals. Allow about 20 seconds of silence, then invite one or two people to share aloud. Normalize it — everyone has tells.

2 · RESET / RE-CENTER · 1 MIN

Lead one slow breath together — in for four, out for six. Then each person picks one reset habit they will actually use in the moment.

3 · RESPOND / CHOOSE · 1 MIN

Same situation, clear head: what is one thing they would do differently? Take one or two quick examples — this choice point is where leadership lives.

WRAP · 1 MIN — Commit

Each person names a Pause–Reset–Respond moment. Sharing is welcome but optional — the point is to work through the exercise.

BEFORE YOU START

- No prep or materials needed. It works in any meeting, standup, or huddle.
- Keep your tone calm and unhurried; you are modeling the reset you teach.
- Aim for about 5 minutes total; running a little over is fine.

FIRST-TIME FACILITATOR TIPS

- It is normal to feel nervous, and a steady, unhurried pace does most of the work.
- If the room goes quiet, share your own stress signal first to break the ice.
- Keep it moving, since momentum matters more than perfect answers.
- You do not need every answer; your job is to guide, not to perform.
- Short and complete beats long and rushed, so watch the clock loosely.

KEY POINT (say it out loud) Resilience is built in small, repeated moments of intentional response — not big gestures. · Total run time ≈ 4–5 minutes.

Adapt It to Your Team

Same 5-minute reset — small tweaks help it land for different teams and work settings.

BY TEAM TYPE

Clinical teams

- Name the real stakes, such as acuity, codes, and back-to-back rounds, and keep it brief out of respect for the floor.
- Frame it as a tool between cases, not one more task; some people cannot step away or close their eyes.

Non-clinical teams

- Tie the pressure to deadlines, full inboxes, and back-to-back meetings.
- Encourage a true micro-break: stand, breathe, or look away from the screen.



BY WORK SETTING

On-site teams

- Have people settle physically, with feet down and shoulders loose, before the breath.
- Use the room: a calm voice and a shared pause set the tone.

Virtual or hybrid teams

- Invite everyone to unmute for the breath, or drop a stress signal in chat so quieter voices join.
- Cameras optional; encourage people to look away from the screen for the reset.
- Name remote stressors: notification pings, screen fatigue, and back-to-back calls.



ADAPT, DON'T REINVENT Same reset for every team — keep it short, human, and judgment-free. On video, give people an extra beat to respond.