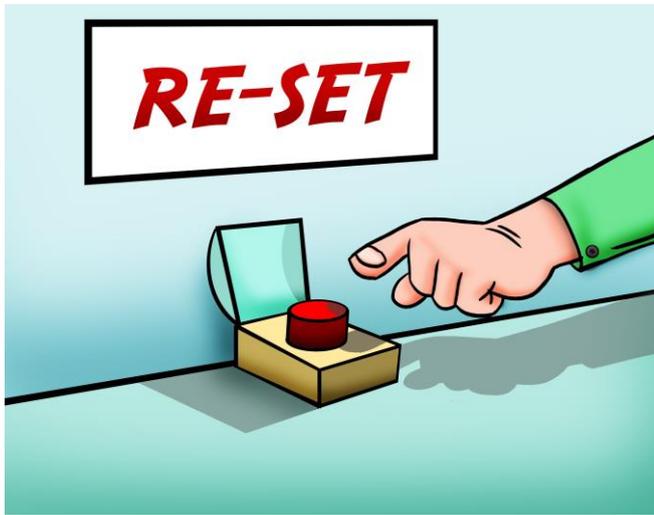


## FAST Pathways® Building the Skills for Stress Success – Quick Re-Set

The Quick Re-Set is the first of the skills we explore in the FAST Pathways programme.



It's a quick and effective way to change unhelpful emotional responses. The key word, being 'unhelpful'. A little worry can make sure that you prepare well, and avoid unnecessary risks. Feeling hurt or angry can tell you that a boundary's been crossed, and you might need to act to stop it from happening again.

But when the emotion becomes so strong that it takes over, then it's useful to have a way of getting back into neutral – even if it's only to consider rationally, what's caused you to feel that way, and what action to take.

### Uses of the Quick Re-Set Technique

- You've just had a difficult conversation, which didn't go your way. Rather than stewing over it, you want to switch off replaying it in your thoughts, and get on with your day
- You're experiencing a craving, whether it's for food, cigarettes, or anything else which isn't good for you. Rather than having a prolonged battle with yourself, you want to simply switch it off
- You're getting ready for a test or exam, and you want to remain relaxed and calm while you study or practise – so that instead of thinking what it's leading towards, you're fully focused on the task in hand
- You've been engrossed in doing something. Now it's time to stop and move on to something else, so you want to clear your mind ready for what's next
- You're about to give a speech or presentation, and you want to stand up feeling relaxed and comfortable
- Something's going on in your life which upsets or frustrates you, or makes you angry. You know that responding from a place of raw emotion isn't going to do you any favours; so you want to get those emotions out of the way, to properly express yourself
- You've plucked up the courage to do something which you used to worry about or avoid, and you want to feel confident in your ability to do it with ease
- You're having an important conversation, and you want to focus fully on what the other person's saying, rather than on what's going on inside your head
- You've had a hectic day at work: As you leave to go home, you want to switch off any more work-related thoughts, so that you can immerse just as fully in your time away from it