



# Clear Button



## Getting through the “90-Second Window” in time

Built into your brain is a 90-second window that gives you the chance to extinguish stress-provoking thoughts and judgments that are about to escalate into a stress reaction.



Miss the 90-seconds and it can take hours for your brain to recover. The Clear Button gets you through the window in time. Here's how:

- Imagine there is a button at the center of your palm that, when pressed, sends a signal to your brain to stop fearful, worried, judgmental, or pessimistic thinking.
- Press the button and keep pressing it.
- Next, take a breath and count “1” and on the exhale think **red**.
- Take a second breath and count “2” and on the exhale think **blue**.
- Take a third breath and count “3” and on the exhale think **green**.

Now take a final breath and as you exhale, let your mind go completely blank for 10 seconds. Then, come into the present moment and engage the current situation, consciously choosing to be at peace, confident in the clarity that this choice affords you.