

Return Protocol Card

Return Protocol (2 Minutes)

A simple aftercare sequence for closing any Hearth practice and returning to steady presence.

1. **Feet on the floor.** One hand to heart, one to belly.
2. **Breathe:** inhale 4, exhale 6 (x5 rounds).
3. **Hydrate.** Drink water.
4. **Nourish.** Eat something simple if you can.
5. **Touch something solid.** Wall, chair, countertop—feel weight and texture.
6. **Name one ordinary next step.** (One small task, one simple action.)
7. Speak aloud: **“I return fully to the present.”**

If overwhelmed:

Stop all practices for today. Lower lights. Warm drink. Gentle music. Sleep if possible.