

The 3-Minute Coherence Reset

From Reaction to Clarity | With Pamela Furr

Give yourself a little space before your next response.

What this practice is

A brief invitation to notice your surroundings, breathe comfortably, and choose one thoughtful next step. Here, “coherence” describes a felt sense of steadiness and alignment; it is not a measured heart or brain state.

When to use it

Try it before a difficult conversation, a presentation, a decision, or a stressful transition. Practice somewhere you can safely pause, never while driving or operating equipment.

1 Arrive • About 60 seconds

Keep your eyes open or soften your gaze. Notice the support beneath you and one ordinary object nearby. There is no particular feeling you need to achieve.

2 Breathe gently • About 60 seconds

Allow an easy breath in and an unhurried breath out. If comfortable, let your breathing become a little slower. Use your own rhythm, without forcing deep breaths or holding your breath. You can simply notice the room instead.

3 Listen and choose • About 60 seconds

Ask: What am I noticing? What do I know, and what am I assuming? What is one kind, practical next step? You may choose to ask a question, gather information, or wait before deciding.

A calmer feeling can create room for reflection. It does not make every thought true.

Evidence and care: Gentle breathing and regulation practices may support calmer attention; responses vary. This specific three-minute sequence has not been clinically tested and is not medical treatment. If you feel dizzy, breathless, or more distressed, stop and return to natural breathing. Do not use this practice to replace or delay needed care.

Learn more: [NIH NCCIH • Stress and relaxation practices](#)