Five-Minute Mental Reset for Primary Care Teams

A between-patients reset built for the real clinical day. Post it at the workstation or share it in the huddle.

Primary care teams carry a heavy cognitive and emotional load between patients. This is a five-minute reset built for the real workday, not the ideal one. It fits between visits, in a huddle, or at the end of a session. Post it at the workstation.

Reset	How to do it (60 seconds each)	Why it matters
Reset your body	Feet on the floor. Shoulders down. Breathe out for six counts, in for four. Repeat three times.	Slows sympathetic drive between charts. Reduces carryover irritation.
Reset your attention	Look up from the screen. Fix on one object across the room. Count five details.	Rests convergence. Interrupts task-switching cost so the next patient gets a fresh mind.
Reset your emotion	Silently name what the last visit brought up. One word. Do not solve it.	Labeling emotion reduces its intensity without requiring you to process it now.
Reset your working memory	Write the one thing you must not forget after this shift. On paper, not in the EMR.	Frees working memory. Reduces the low-grade anxiety of holding an open loop.
Reset your intention	One sentence for the next patient: what you want them to feel walking out.	Anchors the visit in relational purpose, which buffers burnout and improves ratings.

For clinical teams: consider a shared reset in team huddles, or a printed copy at each workstation. Burnout is not solved by resilience training alone; organizational conditions matter most. This is a small, evidence-informed tool, not a substitute for structural work.

Learn more: Burnout in Clinicians at shrinkdaily.com/toolkit/primary-care-reset