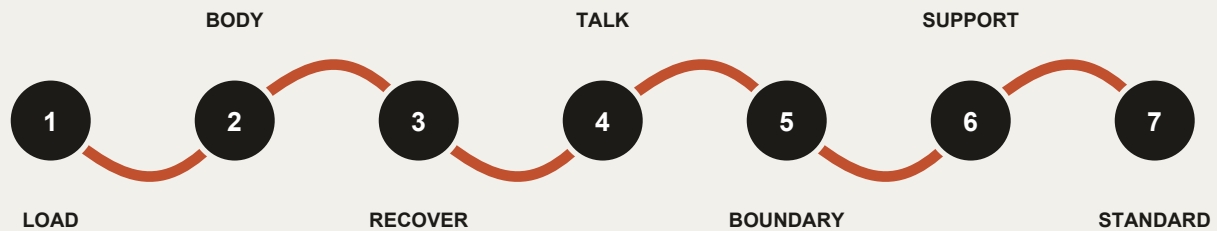


CHASE BUTALA

7-DAY PROTOCOL

The 7-Day Pressure Reset

Seven short protocols to regain traction without pretending the pressure is not real.



HOW TO USE THIS

Read one short section. Look at the example. Fill in your answer. Pick one next step. You do not need perfect words.

Educational resource. Not medical advice, diagnosis, or a substitute for care.

START HERE

One rep a day

Each day has one job. Read the example, do the rep in under 20 minutes, and write one line about what happened.

BASELINE

Rate each item from 0 to 10 before Day 1.

PRESSURE (0-10)	PATIENCE (0-10)
CONNECTION (0-10)	FOCUS (0-10)

EXAMPLE

Pressure	8
Patience	3
Connection	4
Focus	6
Goal	Stop carrying work into dinner.

- ☐ Keep the daily rep under 20 minutes.
- ☐ Track facts, not self-insults.
- ☐ If a practice increases distress, stop and use a simpler grounding action.
- ☐ Do not use the challenge to avoid needed care.

DAILY REPS

Days 1 and 2

Do the rep, then write one honest line. You are collecting data, not proving toughness.

DAY 1

Name the load

List every open loop for five minutes. Mark each one: control, influence, or accept.

EXAMPLE

Deadline changed; I can control my plan, influence staffing, and accept the client's decision.

The load I have been pretending is fine is...

END CHECK

PRESSURE 0-10	PATIENCE 0-10	CONNECTION 0-10

DAY 2

Downshift the body

Take five comfortable breaths, name one thing you see, hear, and feel, then move for ten minutes.

EXAMPLE

I noticed my jaw and shoulders before I sent the message.

The body signal that tells me I am overloaded is...

END CHECK

PRESSURE 0-10	PATIENCE 0-10	CONNECTION 0-10

DAILY REPS

Days 3 and 4

Do the rep, then write one honest line. You are collecting data, not proving toughness.

DAY 3

Protect recovery

Set a stop-work time, remove one source of stimulation, and protect a realistic sleep window.

EXAMPLE

Laptop closed at 9:30. Phone charged outside the bedroom.

The habit that steals the most recovery is...

END CHECK

PRESSURE 0-10	PATIENCE 0-10	CONNECTION 0-10

DAY 4

Have the avoided conversation

Use one fact, one impact, and one request. Do not build a case with ten old examples.

EXAMPLE

When meetings move after 5, I miss family time. Please ask before booking them.

The sentence I need to say is...

END CHECK

PRESSURE 0-10	PATIENCE 0-10	CONNECTION 0-10

DAILY REPS

Days 5 and 6

Do the rep, then write one honest line. You are collecting data, not proving toughness.

DAY 5

DAY 6

Set one boundary

Tell the truth to one person

A boundary states what you will do. It is not a rule that controls another person.

Choose someone trustworthy. Say what is happening and what kind of support you want.

EXAMPLE

If a non-urgent request arrives after 7, I will answer the next morning.

The situation and boundary I will use

END CHECK

PRESSURE 0-10

PATIENCE 0-10

CONNECTION 0-10

EXAMPLE

I have been running hot for weeks. I need you to listen, not fix it.

The person I will contact and what I will say...

END CHECK

PRESSURE 0-10

PATIENCE 0-10

CONNECTION 0-10

DAILY REPS

Days 7

Do the rep, then write one honest line. You are collecting data, not proving toughness.

DAY 7

Write the 14-day standard

Choose the rep that helped most. Attach it to a clear cue and set a review date.

EXAMPLE

If dinner starts, then my phone goes in the office until cleanup is done.

The cue and action I will repeat for the next 14 days

END CHECK

PRESSURE 0-10

PATIENCE 0-10

CONNECTION 0-10

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REVIEW

Day 8: read the week without drama

Compare the baseline with the end of the week. One rough day does not erase useful data.

NEW RATINGS

PRESSURE (0-10)

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PATIENCE (0-10)

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CONNECTION (0-10)

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FOCUS (0-10)

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HOW TO READ IT

- | | |
|-----------------------|---|
| If one score improved | Keep the rep that likely helped. |
| If nothing changed | Shrink the rep or get support. |
| If things worsened | Do not force the challenge. Contact a professional. |

THE PRACTICE THAT HELPED MOST

What changed, even a little?

THE PATTERN THAT NEEDS MORE THAN A RESET

What is still affecting daily life?

KEEP IT

Your 14-day standard

Make the standard clear enough that you can answer yes or no each day.

WORKED EXAMPLE

Cue	When I finish the last meeting
Action	I write tomorrow's top three, close the laptop, and walk for ten minutes.
Length	14 days
Review	August 26 at 7 p.m.

MY CUE AND ACTION

Describe the cue and the action you will take when it happens.

WHAT MAY GET IN THE WAY

Name the real obstacle.

MY ADJUSTMENT

Make the rep smaller, earlier, or easier to start.

NEXT STEP

A reset creates data. A plan creates change.

Use the completed pages to decide whether you need a stronger standard, a difficult conversation, licensed therapy, medical care, or clearly defined non-clinical coaching.

- ☐ Bring the worksheets instead of trying to remember the week.
- ☐ Start with the pattern affecting home and work.
- ☐ Ask for one measurable first goal.

MAKE THE CONVERSATION USEFUL

Finish one page. Circle the pattern or goal that matters most. Request a consultation and bring the completed page so the first conversation starts with a clear pattern and goal.

Talk with Chase about the right next step

chasebutala.com

Serving Virginia, Maryland, West Virginia, and Pennsylvania. If symptoms are severe, persistent, or interfere with daily functioning, contact a qualified professional.

Evidence used

- National Institute of Mental Health: Psychotherapies, Men and Mental Health, and Finding Help. - VA National Center for PTSD: grounding, paced breathing, active coping, and RESET resources. - CDC and OSHA: mental health, worker stress, healthy coping, and burnout education. - 988 Suicide and Crisis Lifeline: current crisis support guidance. - Wright and colleagues (2023): if-then plans for translating intentions into action.

**IF YOU NEED HELP
NOW**

Call or text 988. Veterans can call 988 and press 1. In immediate danger, call 911.