

How *to* Reset On Days When There's *a* Lot Going On

..... Ordinary & Happy

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- Set reminders. ☐
- Make a prioritized to-do list. ☐
- Declutter your workspace. ☐
- Write down what's in your head. ☐
- Turn off notifications for a short time. ☐
- Simplify tasks into manageable steps. ☐
- Take some time to organize your digital files. ☐
- Assign scores to tasks to help prioritize. ☐

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- Take five deep breaths. ☐
- Meditate for 2 minutes. ☐
- Listen to relaxing music. ☐
- Step outside for fresh air. ☐
- Use a fidget tool. ☐
- Write down a task you can do right now. ☐
- Reach up high and then touch your toes. ☐
- Close your eyes and visualize a calm place. ☐

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- Dance to your favorite song. ☐
- Hold a power pose. ☐
- Go for a short walk. ☐
- Do 5-10 minutes of stretching. ☐
- Do a quick bodyweight workout at home. ☐
- Reach up high and then touch your toes. ☐

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- Send a message to a loved one to chat. ☐
- Read an inspiring story. ☐
- Do a no-screen activity. ☐
- Journal using a prompt sheet. ☐
- Add something to a vision board. ☐
- Have a lunch or coffee break. ☐
- Play a musical instrument. ☐

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- Practice deep-breathing exercises. ☐
- Light a scented candle. ☐
- Listen to calming music. ☐
- Spend time with your pet. ☐
- Have a moment in a quiet space or room. ☐
- Try a guided meditation app. ☐
- Wrap yourself in a cozy blanket. ☐
- Lie on the floor with legs up against a wall. ☐

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- Make yourself a tea. ☐
- Wrap yourself in a weighted blanket. ☐
- Massage your hands gently. ☐
- Go in the garden or to a park. ☐
- Listen to an ASMR sounds video. ☐
- Look at the sky for a few minutes. ☐

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- Print out and frame an inspirational quote. ☐
- Write three things in a gratitude journal. ☐
- Smile or laugh to yourself. ☐
- Remind yourself it's okay to take breaks. ☐
- Reflect on past successes. ☐
- Talk kindly to yourself in the mirror. ☐
- Focus on what you can control. ☐
- Remind yourself of your 'why'. ☐