

6-MINUTE RESET MENU

Pick one, or two, or none.

It's your pause, your way.

MOVE YOUR BODY

Shake out
your hands

Stretch
like a cat

Dance to
one song



SOOTHE YOUR SENSES

Dab essential
oil on a tissue

Sip something
warm

Turn on your
softest light



SETTLE YOUR MIND

Stare into the
middle distance
(yes, really)

Count backwards
from 20

Say "I'm allowed
to stop" out loud



You don't need to fix the day.

You just need a moment.

And this one's yours.