A Little Reset

Self-care doesn't always mean doing more. Sometimes it's learning to notice what you need and what actually helps you feel like yourself again.



START WITH A CHECK-IN

Before choosing what to do, ask yourself:

- What am I feeling right now?
- What does my body need?
- What would make today feel 10% easier?

CHOOSE WHAT YOU NEED



If your mind is racing...

Put your phone down for 10 minutes, write out your thoughts, take a walk, or focus on one small task.



If you're feeling stuck...

Choose one tiny action. Make the bed. Get dressed Walk around the block. You don't have to fix the whole day.



If you're feeling disconnected...

Text someone you feel safe with, get outside, play music, spend time with a pet, or go somewhere that makes you feel part of the world.



If you're feeling overwhelmed...

Lower the expectations for today. Eat something, shower, change your environment, or take five slow breaths.



YOUR 10-MINUTE RESET

Pick one thing from above and give yourself 10 minutes.

Afterward, notice:

- How do I feel now?
- What helped, even a little?

Remember



Coping skills aren't about making difficult feelings disappear. They're about learning how to support yourself while you move through them.



Want help figuring out what works for you?

Let's work on it together.

that therapy girl
MARRIAGE & THERAPY WORKS