

Days 1-2: settle and nourish

DAY 1 - NOTICE: What is taking the most energy? Remove or reduce one demand.

DAY 2 - NOURISH: Choose accessible food and drink. What would make eating or hydration easier?

My tiny action for Day 1...

My tiny action for Day 2...

A reset is a return to care, not a punishment for falling behind.

Days 3-5: reconnect

DAY 3 - SPACE: Clear or soften one small area. DAY 4 - BODY: Stretch, rest, walk or change position for five minutes. DAY 5 - CONNECTION: Send one honest message or spend time in comfortable company.

What feels possible for each day?

What will I adapt if capacity is low?

Days 6-7: reflect and continue

DAY 6 - PLEASURE: Make room for one sensory comfort, interest or playful moment. DAY 7
- CHOOSE: Keep one supportive action for next week.

What helped, even slightly?

What did not fit my needs?

The one gentle practice I will carry forward...
