



QUICK RESET RITUALS

Try these fast-acting rituals to center and refresh anytime you feel stress rising.

- ☐ 4-7-8 breathing
- ☐ 1 minute stretch
- ☐ Step outside for fresh air
- ☐ Mini mindful snack
- ☐ Close 2 distracting tabs
- ☐ 2-minute gratitude break
- ☐ Turn off notifications

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