

# 5 INTENTIONAL WAYS TO RESET DURING A DIFFICULT DAY

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**1**

Pause and repeat an affirmation 3-5 times to yourself. Try “I move through my day with ease” or “I am in control in this moment.”

**2**

Leave your workspace for 10 minutes. Try spending time outside or going into another room to help your mind and nervous system have a break.

**3**

Take 5-10 slow deep breathes. This will regulate your nervous system and move you from the sympathetic nervous system and back into the parasympathetic nervous system

**4**

Take a song or dance break. Put on your favorite jam and sing/dance your heart out, reminding yourself to experience joy.

**5**

Make a list of what you've accomplished already that day. Remind yourself that productivity does not dictate your worthiness.