



## **Are you stuck on the 'Hamster-Wheel-Of-Doom'? Here's how you can change it...**

### **Quick Tip 3: Reset and Recharge**

#### **1. Reset**

- ✓ When you get home go straight to the kitchen and make yourself a hydration. Take 5 minutes and use this time to say hello to your kids/partner/pets/plants.
- ✓ Make an announcement that you're going to disappear for 10 minutes (you can build on this timeframe).
- ✓ Change out of your work clothes into something really comfortable – VERY IMPORTANT to mark the end of your work day.

#### **2. Recharge**

Commit to doing something that relaxes you and feeds your soul:

- ✓ 7-10 minute guided relaxation/meditation track.
- ✓ Walk or sit in nature – get your feet on the grass/in the sand.

#### **3. Before-bed routine to reset/recharge**

Do this before, during or after brushing your teeth each night:

- ✓ Go outside and look at the sky, gaze at the stars, the moon.
- ✓ Breathe in the wonder of nature with appreciation and gratitude.
- ✓ Remember, nature is proven to help you reconnect with yourself.

**Where can you put this to remind yourself to Reset and Recharge daily?**