

YOUR LIFE RESET

Do the M.A.T.H.

MAKING ADJUSTMENTS TOWARDS HAPPINESS

Add one thing that restores you today

Divide your energy where it matters most right now

Subtract one thing draining your peace today

Multiply the moments that make you feel alive

You cannot control everything. You can adjust how you respond.

PHYSICAL SELF-CARE

Why it matters

When your body feels good, your mind and emotions gain stability and strength. Physical care is the foundation of overall well-being.

Quick Fun Activities (1–2 minutes each):

- **Stretch Break:** Reach for the sky with a full-body stretch, then roll your shoulders slowly to release tension.
- **60-Second Dance:** Play a song you love and move a little. Even small movement shifts your energy.
- **Hydration Reset:** Take a sip of water. It regulates your body and supports brain function.
- **Posture Reset:** Sit up taller, roll your shoulders back, and unclench your jaw.

PSYCHOLOGICAL SELF CARE

Why it matters:

A healthy mind handles challenges better, thinks more creatively, and maintains resilience.

Quick Fun Activities:

- **Brain Break:** Pause and name five things around you, or five foods, songs, or cities.
- **Mindful Breathing:** Inhale for 4, hold for 2, exhale for 6. Slow breathing calms your system.
- **Micro-Journal:** Write down one thing you're proud of today.
- **Pattern Hunt:** Look around and find three patterns or shapes. It brings you back to the present.

EMOTIONAL SELF CARE

Why it matters

When you examine your emotions, you create space to understand yourself better. This helps you respond with intention, connect more deeply with others, and move through life with greater ease.

Quick Fun Activities:

- **Feelings Check-In:** Ask yourself what your mood feels like today. Name it without judging it.
- **Affirmation Reset:** Say one positive thing about yourself out loud.
- **Gratitude Flash:** Name one thing you appreciate about yourself today. Keep it simple and honest.
- **Mood Check:** Pick an emoji that matches how you feel.

SPIRITUAL SELF-CARE

Why it matters:

A strong sense of purpose helps you stay centered during challenges and leads to a more fulfilling life.

Quick Fun Activities:

- **One-Minute Reflection:** Ask yourself what feels meaningful in your life right now. Sit with whatever comes up.
- **Nature Visualization:** Close your eyes and picture a place that feels peaceful to you. Stay there for a moment.
- **Value Check:** Choose a word that resonates with you today, like hope, courage, or joy.

$(\text{What Energizes You} \times \text{Intention}) \div \text{Focus} + \text{Restoration} - \text{Drains} = \text{Your Life Reset}$