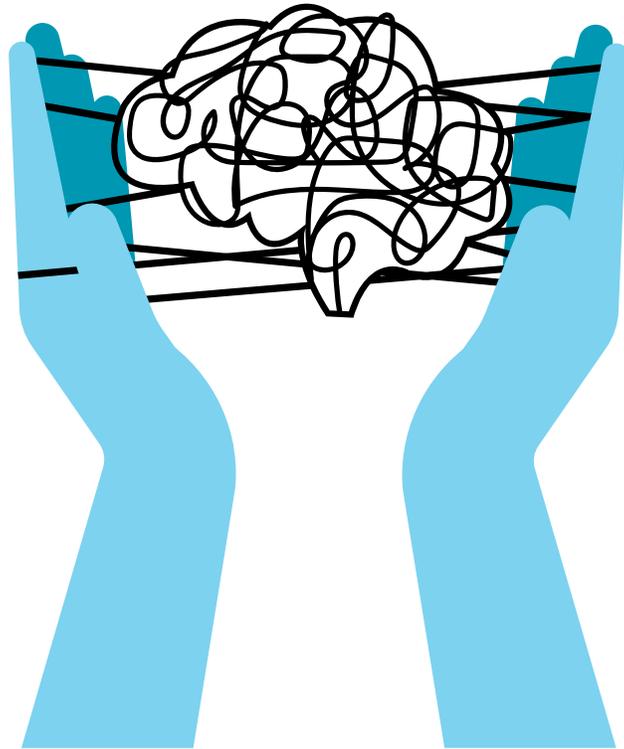
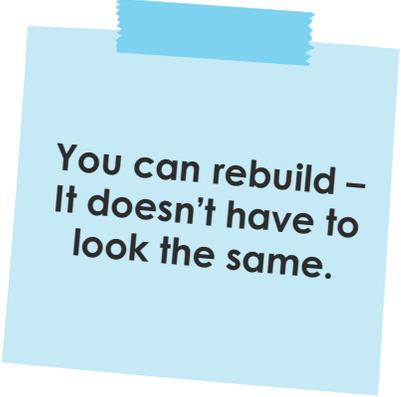

Broken Routine Reset



A toolkit to help ground yourself when
your routine gets interrupted.



Reset Plan



You can rebuild –
It doesn't have to
look the same.

Step 1: Identify what changed.

Step 2: What part of your old routine can you still keep?

Step 3: What's one thing that will help today feel normal?

Example: A 5-minute grounding exercise (breathing, stretching, or sensory focus).

Optional: Use the space below to schedule out your next few hours.

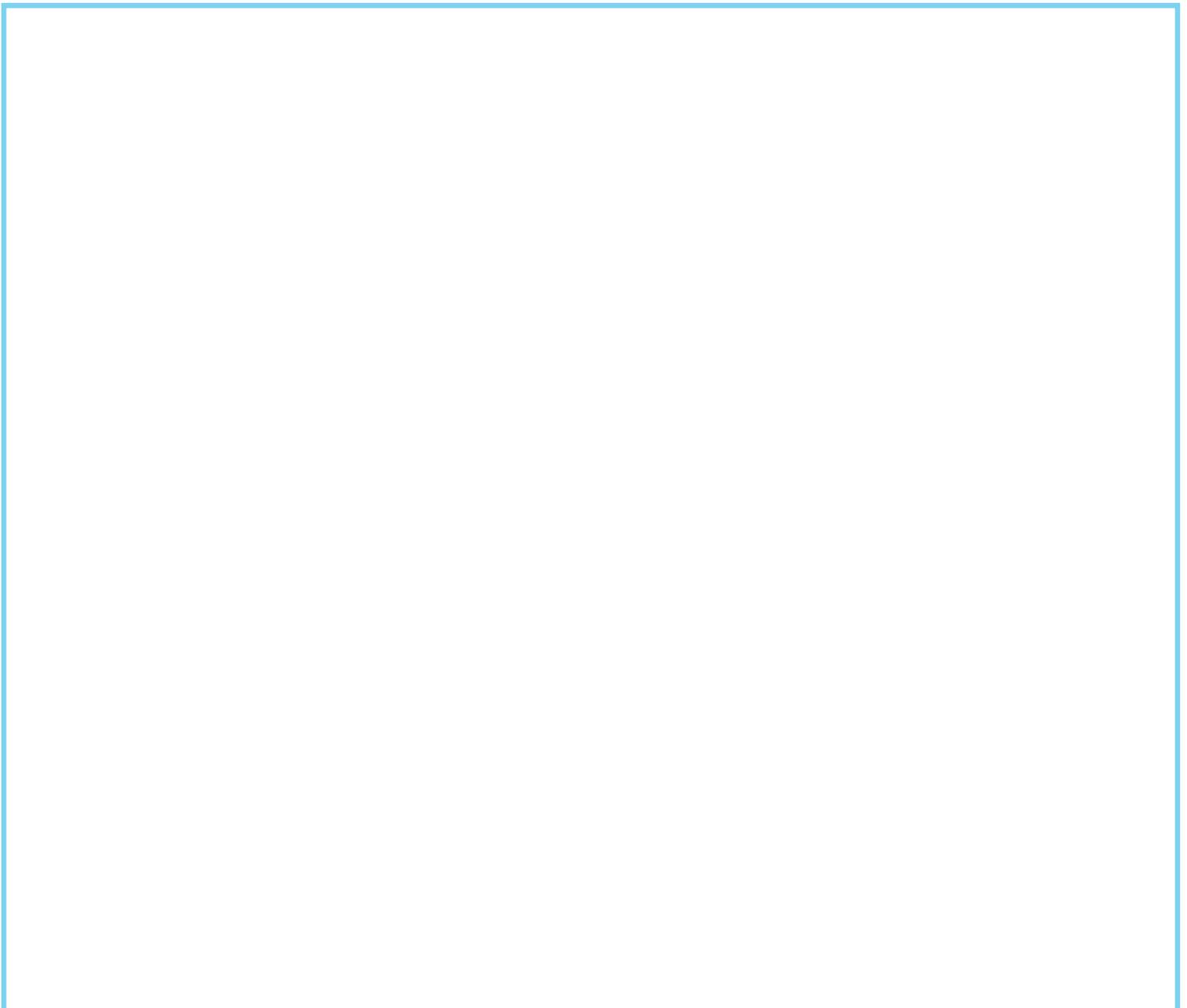
Calm and Reframe

For many minds, routines are a form of safety. It's completely normal to feel upset or unsteady when that structure shifts. In the box below, write down how you feel about the given prompts. Remember: Flexibility is strength, not chaos.

Prompt 1: What was the hardest part of the disruption?

Prompt 2: What's one thing that still worked?

Prompt 3: What can I let go of today to make room for what's new?



A Letter From Your Calm Self

Write a note to your future self from a calm, comfortable place, for the moments when everything feels unsettled. Feel free to write tips, reassurances, or anything you wish you were told in the past during these times.

