

ENERGY RESET

MENU



BODY ENERGY

Lying Down	15 min
Stretching	10
Warm Shower	25
Gentle Walk	20
Weighted Blanket Rest	15

BRAIN ENERGY

Journaling Thoughts	10 min
Guided Meditation	20
Coloring / Doodling	10
Watching a Comfort Show	30



SOCIAL ENERGY



Texting a Friend	10 min
Sending a Funny Meme	5
Online Group Chat Check-in	10
Sitting with Family Quietly	30
Calling Someone Safe	20