

BUSY WOMEN'S RESET GUIDE

Simple tools for when
life feels like a lot.



QUICK NOTE

This guide is meant to help you reset in small, manageable ways.

Use what works, skip what doesn't.



SIGNS YOU MIGHT BE OVERWHELMED

- Racing thoughts
- Difficulty focusing
- Feeling “on edge” or irritable
- Avoiding tasks or procrastinating
- Trouble relaxing even when you have time



60-SECOND RESET

1. Put both feet on the ground
2. Take a slow breath in (4 seconds)
3. Exhale slowly (6 seconds)
4. Name 3 things you can see
5. Name 2 things you can feel



GROUNDING EXERCISE

5-4-3-2-1 Method

5 things you see

4 things you feel

3 things you hear

2 things you smell

1 thing you taste



WHEN YOUR MIND WON'T SLOW DOWN

- Write down everything on your mind (no organizing)
- Pick one thing that actually needs attention today
- Let the rest wait



GENTLE REMINDERS

- You don't need to do everything today
- Rest is productive
- Slowing down doesn't mean falling behind
- Small steps still count



QUICK DAILY RESET IDEAS

- Step outside for 5 minutes
- Drink water + take a phone break
- Stretch or walk briefly
- Sit in silence for a few minutes



OPTIONAL SUPPORT

If you're feeling consistently overwhelmed, support can help.

learn more or get started here:
lemontherapyfl.com

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