

# Weekend reset GUIDE

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## Mini Mindfulness Moment 🌿

Set a timer for 2 minutes, close your eyes, and just breathe. You'll be surprised at what a difference it makes!

## 5-Minute Declutter 🧹

Pick one drawer, one shelf, or just your desktop and give it a 5-minute refresh. Clutter-free space = clutter-free mind!

## Sips for Sanity 🥤

Grab a favorite drink—tea, coffee, or a sparkling water—and take five slow sips. Enjoy it like it's the best thing you've had all week!

## One Song Dance Break 🎵

Turn on your favorite song and have a little dance party! Just one song to shake off the week and reset your mood.

## Unplug & Reset 📵

Take a 10-minute break from your phone and just let your mind wander. It's amazing how much clearer things feel afterward!

## Mini Gratitude List 💌

List five things from your week that you're grateful for. Big or small, it all counts! This tiny practice is a mood booster.

## Micro-Stretch Session 🧘

Stand up, reach your arms to the sky, and do a big stretch. It's a quick way to melt away the tension!