



The Mental Reset

A Practical Guide to Feeling Better Every Day



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Introduction: Acknowledging the Struggle

You're not alone. Many people face challenges in managing their mental health, but there is always a way forward. It's normal to have tough days, and it's okay to seek support. This guide offers simple, actionable steps to help you feel better every day, one small change at a time. Take a moment, breathe, and know that you're on the right path.

5 Daily Habits for Better Mental Health

Incorporating these easy habits into your daily routine can make a noticeable difference in how you feel, both mentally and physically.

1. Move Your Body

Tip: A 10-minute walk or workout boosts mood and reduces stress.

Physical activity releases endorphins, which are natural mood elevators. Whether it's a quick walk outside or a short at-home workout, moving your body can help reduce stress and increase overall happiness.

2. Practice Gratitude

Action: Write down 3 things you're thankful for each morning.

Gratitude helps shift your focus away from negativity and onto the positive things in your life. Make it a daily habit to reflect on and note 3 things you're grateful for. It doesn't matter how big or small—they all add up!

3. Limit Social Media

Challenge: Set a timer for 15 minutes max per session.

Social media can often leave us feeling drained or anxious. Try limiting your time on social media to 15 minutes at a time. This small change can help reduce overwhelm and allow you to be more present in the real world.

4. Breathe and Reset

Exercise: Try the 4-7-8 breathing technique to calm anxiety.

The 4-7-8 technique is a simple breathing exercise that helps activate the body's relaxation response. Inhale for 4 seconds, hold for 7 seconds, and exhale for 8 seconds. Repeat this cycle 4 times to help reduce feelings of anxiety and reset your mind.

5. Connect with Someone

Tip: Text or call a friend—it can make a huge difference.

Social connection is essential for mental well-being. Even a brief conversation or check-in with a friend can help lighten your mood and provide support when you need it most.

Tools for Self-Reflection

Reflecting on your day and tracking your mental health is a powerful way to gain insight into your progress and areas for improvement. Below are two tools to support you on your journey:

Simple Worksheet:

What's one thing I'm proud of today?

Writing down something you're proud of can help boost self-esteem and encourage a positive mindset. This can be anything from completing a task to showing kindness to someone.

Daily Check-In Chart:

Track your mood, energy levels, and habits with the chart below. This can help identify patterns and areas where you may want to make changes.

Date	Mood (1-10)	Energy (1-10)	Habits Followed
Day 1			
Day 2			
Day 3			

Use this chart daily to check in with yourself.

Professional Resources and Encouragement

Sometimes, seeking help is the best way forward. If you feel that your mental health is significantly affecting your life, it's important to talk to a professional.

Signs You Should Reach Out to a Therapist:

- Persistent feelings of sadness or hopelessness
- Difficulty managing stress or anxiety
- Challenges with daily functioning (e.g., work, relationships)
- Trouble with focus, memory, or motivation

Remember: Therapy is a tool, not a weakness. Reaching out for help is a sign of strength, not failure.

Encouragement:

Small steps lead to big changes. You've got this! Every positive choice, no matter how small, is a step toward feeling better. Keep going—you're making progress.

Daily Checklist

Here's a one-page checklist you can download and use every day to stay on track.

Task	Completed (✓)
Move my body (10 min)	
Practice gratitude	
Limit social media	
Do a 4-7-8 breathing	
Connect with someone	

Ready to Dive Deeper?

If you're ready to explore even more ways to improve your mental health and gain clarity, consider taking the next step in your personal growth journey.

Discover how to find clarity and purpose in just 3 steps. Learn more about my course www.purposein3.com