



FREE PRACTICAL TOOL

A 24-Hour Reset Plan

When life feels louder than you can manage, this guide helps you make the next day smaller, kinder, and more doable.

Start here

- 1 Make the next hour safer and softer: water, food, medication as prescribed, rest, or a trusted person.
- 2 Clear one small surface or one small task. Let “enough” be enough.
- 3 Write down tomorrow's one essential appointment, task, or phone call.
- 4 Choose one check-in: who can you text, call, or ask to sit with you?

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