Rest Purpose

RESET

Wellness

Reset Your Energy

Small daily habits to help you stay healthy, happy and independent

Breathe **Move** **Connect** **Rest** **Purpose**

Who I am

A few words before we begin

Founder, Reset Wellness

27 years in global corporate life, employee engagement and communications.

Wellbeing guide

ICF-accredited life coach training, breathwork and sound therapy qualifications.

Why this matters

I know what it means to be always on. My work helps people pause, reset and live well.

“Wellbeing is not a reward. It is a requirement.”

A moment to arrive

We will begin by settling the body and breath

4-7-8 breathing

4	7	8
breathe in	hold gently	breathe out

Gentle option: simply breathe slowly if holding the breath is not comfortable.

Four minutes to pause, soften and arrive.

Energy check-in

Where would you place yourself today?

Notice, do not judge

Your number is information, not a score.

What number would you give your energy today?

Why daily resets matter

Small moments of recovery help the body return to balance

Always on has a cost

Repeated activation of the stress response can take a toll on the body over time.

Movement protects function

Activity helps sleep, stress, quality of life, strength, balance and falls risk.

Connection protects wellbeing

Social connection supports mental, emotional and cognitive wellbeing.

Daily resets are not extras. They are maintenance.

The aim is not perfection. The aim is regular signals of safety, movement and connection.

What “always on” can do in the body

A simple way to explain the stress response

Pressure → **Stress response** → **More alert** → **Needs recovery**

In the moment

Heart rate and blood pressure can rise. Breathing may become faster. Muscles tense.

Over time

Without recovery, the body can stay revved up for too long.

Reset signal

A small pause helps tell the body: I can soften now.

We are not trying to remove stress. We are building recovery into ordinary life.

What “always on” can look like

Look for body signals before they shout

Body

Tense shoulders, shallow breathing, tight jaw, tired but wired.

Mind

Racing thoughts, trouble switching off, feeling scattered.

Emotion

Irritable, reactive, tearful, easily overwhelmed.

Energy

Poor sleep, heavy mornings, afternoon slump, low motivation.

Your body whispers before it shouts.

A daily reset is a way of listening earlier.

What Blue Zones can teach us

Communities known for many people living longer, healthier lives

- MOVE NATURALLY
- PURPOSE
- DOWNSHIFT
- PLANT SLANT
- BELONG
- LOVED ONES FIRST
- RIGHT TRIBE

The lesson is not to copy another culture.

It is to notice the patterns: movement, recovery, purpose, food, family and community.

The thread that connects them

Micro habits. Human connection. Purpose. Recovery.

Move naturally

Walk, garden, stretch, do small daily tasks that keep the body active.

Downshift

Create small rituals that help the body release stress.

Purpose

Have reasons to get up and stay involved in life.

Right tribe

Spend time with people who support healthy choices and joy.

This is the heart of today: one small reset, repeated often.

You do not need to live in a Blue Zone to borrow the daily habits.

The Five Daily Resets

Five simple ways to protect energy and wellbeing

B	M	C	R	P
Breathe	**Move**	**Connect**	**Rest**	**Purpose**
nervous system	strength and balance	belonging	recovery	meaning

Which one already supports you? Which one needs more attention?

Reset 1: Breathe

A slower breath can create space between reaction and response

B Slow the breath. Soften the body. Choose your next response.

Use it when

You feel rushed, tense, anxious or reactive.

Make it gentle

Stop if it feels uncomfortable. Normal breathing is always enough.

Reset after a difficult moment

After a conversation, meeting or experience

1. Stop

Place both feet down. Notice what is happening in your body.

2. Breathe

Slow your breath. Let your exhale lengthen if that feels comfortable.

3. Intend

Ask: how do I want to feel or show up now?

4. Choose

What is the next kind, wise or useful action?

Resetting is not ignoring what happened. It is choosing how you carry it.

A morning micro-reset

Start the day with intention, not autopilot

1. Breathe

Take three slower breaths before reaching for the day.

2. Intention

Ask: what energy do I want to bring today?

3. One thing

Choose one small wellbeing action you can actually do.

4. Anchor

Attach it to something you already do.

Your day does not have to begin on autopilot.

Reset 2: Move

Think beyond exercise: strength, balance and independence

M

Movement is not just fitness. It is freedom.

Carry shopping, climb stairs, garden, walk, dance, stretch, stand up during adverts.

Aim for

Daily activity, building gradually from where you are.

Do not forget

Strength and balance at least twice a week.

Reset 3: Connect

Relationships are part of wellbeing

C Who makes you feel better after you spend time with them?

Today

Send one message. Make one call. Say yes to one invitation.

This week

Choose one moment of connection you can look forward to.

Reset 4: Rest

Rest is not doing nothing. It is recovery.

R Recovery can be ordinary.

- Quiet tea
- Reading
- Music
- Garden
- Nap
- Prayer
- Meditation
- Nature

The question is not only “How do I sleep?”
It is also “Where do I recover?”

Reset 5: Purpose

What still matters to you now?

P **Purpose does not have to be grand.**

People

Family, friends, pets, community.

Contribution

Volunteering, helping, sharing wisdom.

Creativity

Gardening, music, cooking, making things.

Joy

Travel, games, learning, fun, curiosity.

Ask: what matters to me now?

Small resets, big shifts

Choose one cue, one action, one repeatable habit

1

Aware

Notice what is happening in your body and energy.

2

Align

Reconnect with what matters and how you want to feel.

3

Act

Take one tiny reset.

4

Anchor

Attach it to a daily routine.

You do not need a big overhaul. You need repeatable moments of care.

Your personal wellbeing check-in

One reset for this week

Breathe | Move | Connect | Rest | Purpose

Which one needs a little more care this week?

My one reset is: _____

Make it tiny enough to do

A reset you can actually repeat

Instead of

I will get healthier and sort my life out.

Try

I will stand up during the TV adverts.

Instead of

I will become calmer and never react.

Try

I will take three breaths before replying.

Try

I will phone one friend every Wednesday.

If it is too big, it will not become daily.

Your Reset Wellness prompt card

A simple reminder for the fridge

MY DAILY RESET

- ☐ **Breathe** — I took one calm breath pause.
- ☐ **Move** — I moved in a way that works for me.
- ☐ **Connect** — I reached out or shared a moment.
- ☐ **Rest** — I created a moment of recovery.
- ☐ **Purpose** — I did something that mattered.

My reset for tomorrow: _____

Small changes. Repeated often.

A note about Purpose Path

For anyone asking what their next chapter could look like

Purpose Path

A guided space to pause, reconnect with what matters and create clarity about what comes next.

This may be relevant for you, a friend, a son, daughter, colleague or family member.

One final thought

You cannot control every part of ageing, but you can influence how you meet each day.

Breathe | Move | Connect | Rest | Purpose

Leave with one small reset you are willing to practise tomorrow.