

# Reset Refocus Re-Centre

We can't always control what happens to us, but we can control how we want to feel.

## Reset Your Goals

Life happens, and plans change. If you think your goals might need a reset, start here:

- **Refresh:** Re-read the goals you set back in 2019, and determine which ones you're still able to pursue.
- **Adjust:** Update the goals you are pursuing to reflect your current reality and circumstances.
- **Evaluate:** Look at your current situation to determine what actions are working and which ones are not.
- **Plan:** Write down small steps to take you toward your goals. Include key players and any schedule changes you might need to make.
- **Act:** Carry out your plan, change your habits and march toward your new goals one step at a time.

## Refocus Your Routine

Small shifts to help you make the most out of your day-to-day.

- **Time to Move:** Walking, jogging, dancing — anything to get you on your feet to shake (or sweat) off the negativity.
- **Intentional Media:** Adding a positive podcast or book into your media routine can help keep you on a productive track.
- **Your Health First:** Prioritizing personal health will help you feel physically and mentally stronger.
- **Accountability is Key:** If you have a friend who wants to also kick some old habits or restart their routine, connect with them and take the reset together.



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# Re-centre with Self-Care

In tough times, you need to get your own well-being in great shape first before you're able to assist others. When you take some time for self-care, you will have more energy to support those around you.

## Tips for Self-Care

Try these activities to add self-care to your schedule.

1



**Journal:** Writing down your thoughts and experiences helps you process and unload in times of stress. Keep it digital with journaling apps like Penzu, Day One or Momento (iOS only).

2



**Daily Self Check-ins:** Take a few moments each morning to assess how you're doing that day. Notice any feelings of anxiety or anger about the day before or the day ahead. Be honest about those emotions throughout your day — this will make for more pleasant interactions with those around you.

3



**Take a Personal Day:** Even if you've been working remote, take a day to go offline. Spend it doing an activity with your family, or taking a walk outside. Whatever you do, make sure it leaves you feeling recharged and re-energized.

4



**Sleep:** This is one of the most neglected self-care activities! Start a bedtime routine that calms you down, so you're ready to sleep as soon as your head hits the pillow. Aim for at least 7-9 hours per night, according to the National Sleep Foundation.<sup>1</sup>