

YOUR RESET POWER · RESET CARDS

Freeze & shutdown When you just can't start

Six cards for the moment it's hardest to think. Each one has one big line to read when your head is too loud, and one small thing to do. That's all. No homework.

Print the next page, cut along the dotted lines, and keep the ones you need where you'll see them: by the bed, on the fridge, in your bag, in your phone case.

This pack is one of eight. The full set of 48 is at yourresetpower.com.

Bring the mess with you.

Jeanette

YOURRESETPOWER.COM

These cards aren't medical advice or a crisis service. If something is happening a lot, talk to a doctor. If anyone is in danger, call your emergency number.

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When you just can't start

RESET CARDS · FREEZE & SHUTDOWN

FREEZE & SHUTDOWN

Frozen isn't lazy.

Freeze is your nervous system hitting pause when there's too much. It's protection, not a choice you're making.

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FREEZE & SHUTDOWN

Just the next tiny thing.

Not the list. Stand up. Drink some water. Open the laptop. That's the whole step.

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"I've frozen. Give me a bit."

Say it to whoever's waiting. It saves you the guilt of explaining and them the guessing.

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Body before brain.

Warm drink. Blanket. Wiggle your fingers and toes. Settle your body first and your brain will follow.

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Borrow someone else's momentum.

Sit with someone while you do the thing, or put on a "work with me" video. Company makes starting easier.

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FREEZE & SHUTDOWN

Coming back counts.

You froze, you stopped, you came back. That's the skill. Not never freezing, but coming back.

YOUR RESET POWER

Cut along the dotted lines.