

YOUR RESET POWER · RESET CARDS

Masking When you've been "fine" all day

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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MASKING

You can take the mask off here.

Somewhere today, be the unpolished version for five minutes. On your own counts.

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MASKING

The tiredness after people is real.

Masking is work. Needing a quiet hour after a social thing isn't rude. It's recovery.

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MASKING

What do I actually like?

Not what you're expected to like. Notice one thing today that's genuinely yours. Start there.

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MASKING

Plan the recovery, not just the event.

Got something big coming up? Book the quiet time afterwards before you go, the same way you'd book the event.

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MASKING

One safe person is enough.

You don't have to unmask for everyone. Let one person see a bit more of the real you this week.

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MASKING

Unmasking is slow. That's fine.

You built the mask over years. It's allowed to come off a bit at a time.

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