

YOUR RESET POWER · RESET CARDS

The 2AM spiral

When it's 2am and your brain won't stop

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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THE 2AM SPIRAL

Nothing gets solved at 2am.

Your brain is at its least fair right now. Tell it: "Noted. Tomorrow." Then let the thought wait.

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Write it down. Then put it down.

Keep a notepad by the bed. Get the thought out of your head and onto paper. It'll still be there in the morning.

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Nobody else is replaying it.

That thing you said in 2009? Everyone else forgot it years ago. You're the only one still watching it.

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Get up. Different room. Low light.

If you've been awake a while, lying there fighting it makes it worse. Sit somewhere else, dim the light, go back when you're sleepy.

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Give your brain something boring.

Count back from 300 in threes. Name a fruit for every letter. Boring gives the spiral nothing to hold on to.

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Tomorrow-you will handle it better.

With daylight, food and sleep, this will look smaller. Leave it for her.

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