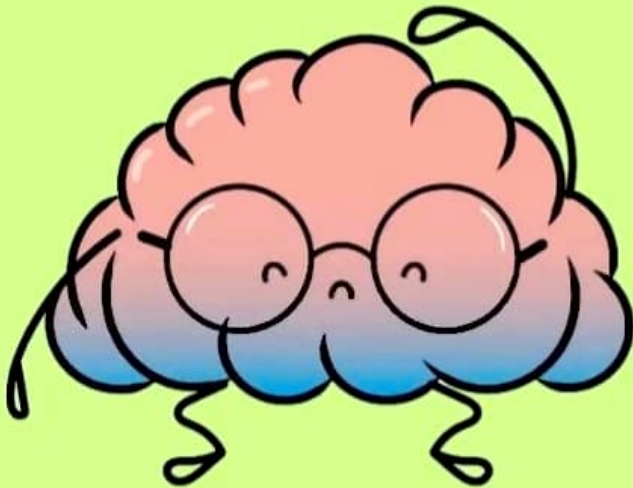


# Quick Resets

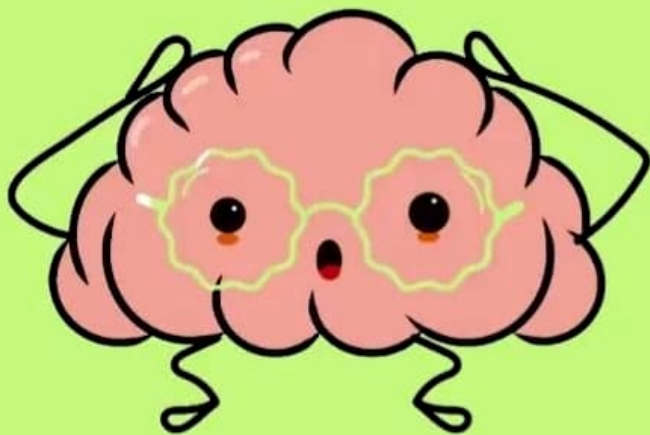


Overthinking



Journal

# Quick Resets



**Confused**



**Meditate**

# Quick Resets

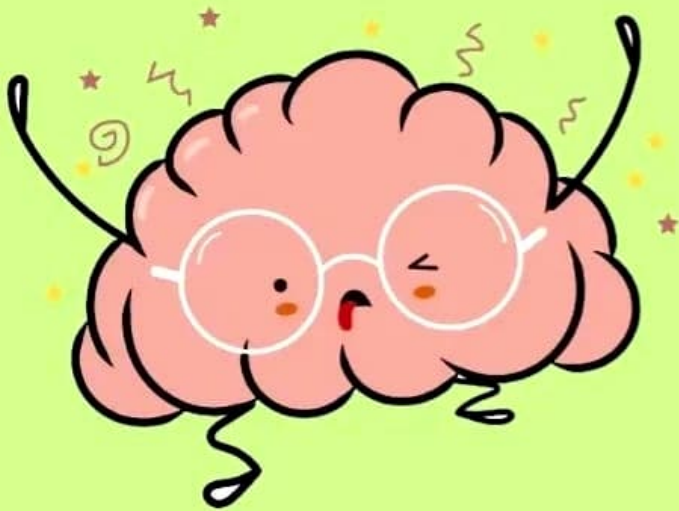


Sad



Exercise

# Quick Resets

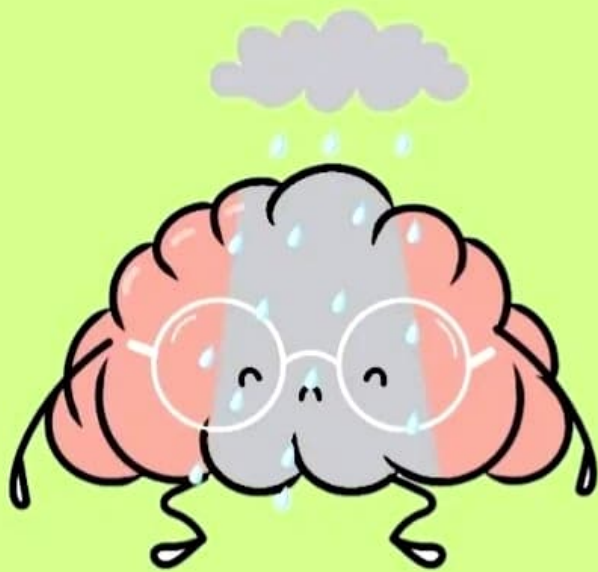


Anxious



Move

# Quick Resets



**Tired**



**Breathwork**