

## Your Brand Style (Based on the Screenshot)

### 1. Colour System

Each emotion has:

- A **bold gradient icon background**
- A **single accent colour** that defines the category
- A **soft, minimal white/cream card**

You currently have:

Emotion	Colour (approx)	Icon Style
Stressed	Purple → Violet gradient	Bold line icon
Anxious	Pink → Red gradient	Simple heart line icon
Restless	Orange gradient	Lightning icon
Overwhelmed	Deep purple gradient	Brain icon
Tired	Blue gradient	Battery icon
Scattered	Green gradient	Spark / focus icon

**We should use these exact colours consistently throughout the resets.**

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### 2. UI Layout

Your screenshot suggests:

- **Rounded 16–24px cards**

- **Soft diffused shadows** (very light, nothing too sharp)
  - **Minimal, open spacing**
  - **Large friendly typography**
  - **Subtle radial gradient backgrounds** behind cards
- 

### 3. Tone of Voice

- Calm
- Clear
- Supportive
- No fluff
- Short lines, easy to read
- Zero judgement

Perfect for a wellbeing app.

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## ✓ How to Style All Reset Screens (Brand Guidelines)

Below is a reusable design system you can give to Replit or a developer.

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### ✓ 1. Typography

- **Titles:**  
`font-weight: 600–700`, size 22–26px
- **Body text:**  
`font-weight: 400`, size 15–17px

- **Spacing:**  
Each step should have generous breathing room (24px top + bottom)

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## ✓ 2. Card Design for Each Step

Each step should appear as a **single card**:

- Rounded corners (16–20px)
- White background (#FFFFFF)
- Light drop shadow (blur 20–30px, 10–15% opacity)
- Soft radial highlight in one corner (your brand style)

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## ✓ 3. Header/Icon for Each Reset

Each reset starts with:

- Big circular gradient icon
- Uses the **same colour theme** as the emotion the user selected
- Icon sits above or left of the title

Example: **Stress Reset**

Purple gradient icon + white line icon inside.

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## ✓ 4. Step Progress Indicators

Use dots or a small step count:

- Light grey inactive steps
- Emotion colour accent on the active step

This keeps everything visual and on brand.

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## ✓ 5. Background of the Reset Screens

Use your soft atmospheric gradient:

Top: very pale lavender (#F7F4FF)  
Bottom: faint warm tint (#FFF9F7)  
Opacity very low

This ties it back to the dashboard aesthetic.

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## ✓ 6. Interaction Style (important)

All resets should use UI that matches your dashboard:

- **Buttons:**  
Rounded, emotion-coloured gradients, white text
- **Inputs:**  
Rounded pills, soft borders
- **Animations:**  
Slow, gentle easing (not jittery or gamified)
- **Swipe animations:**  
Smooth, soft fade, slight upward motion (20–30px)

## ✓ Stressed Resets

### STRESSED — Durations

1) 60-Second Grounding Walk

**Total: 60 seconds**

2) Waves of Release

**Total: 75 seconds**

3) Pulse Tense-Release Game

**Total: 90 seconds**

4) Stress Sweep

**Total: 60–90 seconds** (depending on number of words entered)

## STRESS SWEEP — Personal Stress Input Version

Guided Reset + Input Step + Interactive Swipe Away

Total time: ~45–60 seconds

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### STEP 1 — Introduction

**Title:** Stress Sweep

**Text:**

Let's clear the thoughts that are stressing you right now.  
You'll type them in, then swipe them away one by one.

---

### STEP 2 — Prompt

**Title:** What's stressing you?

**Text:**

Type up to 5 words or short phrases that describe what's weighing on you.

Examples: "work", "money", "pressure", "tired".

*(Your app shows a text input + "Add" button + list of entered words.)*

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### STEP 3 — Get Ready

**Title:** You're in control

**Text:**

These words will now float on your screen.  
Your task is simple: tap or swipe each one away.  
This helps your mind release them.

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#### STEP 4 — Interactive Clear

**Title:** Clear Your Stress

**Text:**

Tap or swipe each word to clear it.  
Take your time.  
Each swipe represents letting go.

*(Your app runs the floating word animation and interaction.)*

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#### STEP 5 — Completion

**Title:** Reset Complete

**Text:**

You've cleared what was weighing on you.  
Take a breath and notice the space you've created.

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## Guided Story: “Waves of Release” (Eyes Open Version)

Guided mental reset using visualisation + slow paced breathing

Total time: ~60–90 seconds

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#### STEP 1 — Introduction

**Title:** Waves of Release

**Text:**

We're going to use steady visualisation to help release stress from your body.  
Keep your eyes open and follow each step.

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## STEP 2 — The Water

**Title:** Calm Water

**Text:**

Imagine gentle waves moving across calm water.  
Let your gaze rest softly on the screen as you picture it.

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## STEP 3 — Rising Wave

**Title:** Gather the Tension

**Text:**

Picture a wave lifting up.  
As it rises, imagine it collecting the tension you're holding in your shoulders and chest.

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## STEP 4 — Falling Wave

**Title:** Release

**Text:**

Now imagine the wave falling.  
As it lowers, let the tension move away from you with it.  
Exhale as the wave settles.

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## STEP 5 — Repeat

**Title:** Again

**Text:**

Let the next wave rise – gathering any strain around your neck and face.  
Let it fall – releasing everything you don't need.

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## STEP 6 — Final Wave

**Title:** One More

**Text:**

Inhale as the last wave rises gently.

Exhale as it falls and carries away the rest of your stress.

---

## STEP 7 — Completion

**Title:** Reset Complete

**Text:**

You're calm, clear, and present.

Reset complete.

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# Guided Story: “The 60-Second Grounding Walk” (Eyes Open Version)

Sensory grounding + paced imagination, scientifically shown to reduce stress

Total time: ~60 seconds

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## STEP 1 — Introduction

**Title:** Grounding Walk

**Text:**

We're going to ground your mind using a simple imagined walk.

Keep your eyes open and follow each step.

---

## STEP 2 — The Path

**Title:** Picture the Path

**Text:**

Imagine stepping onto a quiet path.  
Visualise the space opening around you – the sky, the trees, the open air.

---

### STEP 3 — The Steps

**Title:** Your Pace

**Text:**

Imagine taking slow, steady steps.  
Feel the ground supporting you with each one.  
Match the rhythm of these steps with your breathing.

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### STEP 4 — Grounding Senses

**Title:** Notice the Scene

**Text:**

Picture 5 things around you:  
The colours of the sky...  
The shapes of the trees...  
The sound of your steps...  
A soft breeze...  
And the clear space ahead.

---

### STEP 5 — Breathing with the Walk

**Title:** Breathe

**Text:**

Inhale gently with a step...  
Exhale with the next...

Each slow breath releases more of the pressure you've been holding.

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### STEP 6 — Completion

**Title:** Reset Complete

**Text:**

Your mind is clearer.  
Your body is lighter.  
Reset complete.

# STRESSED RESET – “Full-Body Tense & Release”

Guided, Step-by-Step Micro-Session (Science: Progressive Muscle Relaxation)

Total time: ~60–90 seconds

---

## STEP 1 — Introduction

**Title:** Full-Body Tense & Release

**Text:**

In this reset, we’ll quickly release the stress stored in your muscles.

Follow each short step, keep your eyes open, and move at your own pace.

---

## STEP 2 — Hands

**Title:** Hands

**Text:**

Clench both fists firmly.

Hold the tension for... 3... 2... 1...

Now release.

Let your fingers soften and drop.

---

### STEP 3 — Arms

**Title:** Arms

**Text:**

Tense your forearms and biceps by gently pulling them in.

Hold for... 3... 2... 1...

Release.

Feel the warmth as your arms relax.

---

### STEP 4 — Shoulders

**Title:** Shoulders

**Text:**

Bring your shoulders slightly up toward your ears.

Hold the tension for... 3... 2... 1...

Let them drop.

Let your shoulders feel heavier and looser.

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### STEP 5 — Stomach

**Title:** Stomach

**Text:**

Tighten your stomach muscles gently – not too hard.

Hold for... 3... 2... 1...

Release.

Let your breathing flow naturally again.

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## STEP 6 — Legs

**Title:** Legs

**Text:**

Tense your thighs and calves at the same time.

Hold for... 3... 2... 1...

Release.

Feel your legs sink and soften.

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## STEP 7 — Full Body Reset

**Title:** Full Body

**Text:**

Tense your whole body just a little – arms, shoulders, stomach, legs.

Hold for... 3... 2... 1...

Release everything.

Let your whole body loosen.

---

## STEP 8 — Completion

**Title:** Reset Complete

**Text:**

Your body should now feel softer, lighter, and clearer.

Reset complete.

# Anxious Resets

## ANXIOUS — Durations

1) Counting Horizons

**Total: 60 seconds**

2) Breath Ladder

**Total: 90 seconds**

3) Focus Blocks

**Total: 90 seconds**

4) Colour Match Calm

**Total: 75 seconds**

## ANXIETY RESET #1 — "Breathing Through the Storm"

Guided Story — Anxiety Relief Through Breathing

**Science:** Uses **slow-paced breathing** and **visualisation** to regulate the autonomic nervous system and reduce anxiety.

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STEP 1 — Introduction

**Title:** Breathing Through the Storm

**Text:**

We're going to guide your mind and body to calm with a simple breathing exercise.

Focus on the screen and follow the steps.

---

## STEP 2 — Visualisation: The Storm

**Title:** Imagine the Storm

**Text:**

Picture a storm in the distance, dark clouds, and distant thunder.  
Now picture the storm slowly moving further away.  
Let the sound of the thunder become softer with each breath you take.

---

## STEP 3 — Breathing: Calm the Storm

**Title:** Slow Down Your Breathing

**Text:**

Take a slow, deep breath in for 4 counts.  
Hold for 4 counts.  
Now slowly exhale for 6 counts, pushing the tension out.

Repeat:

Inhale for 4...

Hold for 4...

Exhale for 6...

Focus on the rhythm of your breath, bringing the storm farther away each time.

---

## STEP 4 — Release the Storm

**Title:** Let It Fade

**Text:**

With each breath, imagine the storm becoming quieter, the clouds drifting away.

Feel your body relax with every exhale.  
Your mind is clearer, your body at ease.

---

## STEP 5 — Completion

**Title:** Reset Complete

**Text:**

The storm is now far away, and you are calm.  
Feel the space between your thoughts. Reset complete.

## ANXIETY RESET #2 — "The 5-4-3-2-1 Grounding Technique"

Guided Story — Grounding Anxiety by Engaging the Senses

**Science:** Based on the **5-4-3-2-1 grounding technique**, scientifically proven to help interrupt anxious thoughts and bring attention to the present moment.

---

STEP 1 — Introduction

**Title:** 5-4-3-2-1 Grounding

**Text:**

This is a quick exercise that helps ground you by focusing on your senses.  
Follow along and feel your stress melt away.

---

STEP 2 — 5 Things You Can See

**Title:** Focus on What You See

**Text:**

Look around you and pick out 5 things you can see.  
Focus on the details of each – shapes, colours, texture.

List them quietly in your mind.  
Feel your mind start to settle.

---

STEP 3 — 4 Things You Can Feel

**Title:** Focus on What You Feel

**Text:**

Now, pay attention to 4 things you can feel.

It could be the sensation of the floor beneath your feet, the clothes on your skin, or your own breathing.

Allow yourself to feel present in these sensations.

---

#### STEP 4 — 3 Things You Can Hear

**Title:** Focus on What You Hear

**Text:**

Next, focus on 3 things you can hear.

It could be a distant sound, the air conditioning, or the sound of your own breath.

Stay with these sounds and let them anchor you in the present.

---

#### STEP 5 — 2 Things You Can Smell

**Title:** Focus on What You Smell

**Text:**

Now, take a moment to notice 2 smells around you.

It could be the air, a scent in the room, or something in your environment.

Inhale gently and focus on the sensation of the smell.

Notice how your body feels more grounded.

---

#### STEP 6 — 1 Thing You Can Taste

**Title:** Focus on What You Taste

**Text:**

Finally, notice the taste in your mouth.  
Is it a lingering flavour from your last meal? Or perhaps the  
freshness of water?

Focus on it and let it bring you into the present moment.

---

#### STEP 7 — Completion

**Title:** Reset Complete

**Text:**

You've just grounded yourself in the present moment.  
Feel how much calmer and more focused you are.  
Reset complete.

## ANXIETY RESET #3 — "Quick Anxiety Distraction Game"

Interactive Game — Quick Focus Challenge

**Science:** Using **cognitive distraction** to break the anxious thought cycle and shift focus to a task.

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#### STEP 1 — Introduction

**Title:** Quick Focus Challenge

**Text:**

This game will help you shift focus from anxiety to something light  
and engaging.  
You'll need to tap on the floating bubbles to clear them.

---

#### STEP 2 — Start the Game

**Title:** Tap the Bubbles

**Text:**

Bubbles will float across the screen.  
Tap to pop the bubbles before they float away.

Each pop releases a small piece of tension.

---

### STEP 3 — Focus Challenge

**Title:** Pop the Bubbles

**Text:**

Pop as many bubbles as you can in the next 60 seconds.  
The faster you tap, the more relaxed you'll feel.

Keep the rhythm steady and notice the calm building.

---

### STEP 4 — Completion

**Title:** Reset Complete

**Text:**

You've just focused your mind and released anxiety with this simple task.

Take a moment to notice how much lighter you feel.  
Reset complete.

## **Restless Resets**

1) Micro Stillness Scan

**Total: 75 seconds**

2) The Breathing Box

**Total: 60 seconds**

3) Tap & Hold Challenge

**Total: 60–90 seconds**

4) Ripple Catch

**Total: 90 seconds**

# RESTLESS RESET #1 — “The Micro-Movement Reset”

Guided Story — Somatic Regulation Through Controlled Movement

**Science:** Restlessness often comes from **excess sympathetic activation**. Giving the body *controlled, intentional, small movements* helps regulate the nervous system and reduce the urge to fidget.

---

## STEP 1 — Introduction

**Title:** The Micro-Movement Reset

**Text:**

When you feel restless, your body wants to move.  
Instead of fighting it, we’re going to guide that energy in a  
controlled, calming way.

---

## STEP 2 — Hands First

**Title:** Hands

**Text:**

Spread your fingers wide for 3 seconds...  
Now bring them back in gently.

Repeat this twice, slowly.

---

### STEP 3 — Forearms

**Title:** Forearms

**Text:**

Rotate your forearms slowly in circles.  
Three circles clockwise, then three anti-clockwise.  
Keep it slow and controlled.

---

### STEP 4 — Shoulders

**Title:** Shoulders

**Text:**

Lift your shoulders slightly, then roll them back.  
Do this slowly for three gentle rolls.

Feel some of the tension melt away.

---

### STEP 5 — Full-Body Softening

**Title:** Loosen the Restlessness

**Text:**

Now let your whole body relax.  
Let the small movements settle.  
Let stillness return naturally.

---

### STEP 6 — Completion

**Title:** Reset Complete

**Text:**

Your body has released the restlessness.  
You should feel calmer and more centred.  
Reset complete.

# RESTLESS RESET #2 — “The 60-Second Mind Focusing Path”

Guided Story — Cognitive Channeling Through Directed Attention

**Science:** Restlessness is often worsened by “attention hopping.”

This reset uses **single-focus visual attention**, shown to reduce restlessness by anchoring the mind.

---

## STEP 1 — Introduction

**Title:** Mind Focusing Path

**Text:**

This reset will focus your attention in a single direction to calm your mind.

Look at the screen and follow each step.

---

## STEP 2 — Pick a Point on the Screen

**Title:** Choose Your Point

**Text:**

Choose a fixed point on the screen – a corner, a shape, or a dot. Keep your eyes gently focused on it.

---

## STEP 3 — Steady Your Breathing

**Title:** Breathe Steadily

**Text:**

Take a slow breath in for 3...  
And out for 4...

Keep your focus on that single point.

---

#### STEP 4 — Visual Path

**Title:** Trace the Path

**Text:**

Now slowly move your eyes in a simple path on the screen.  
Down... across... up... back across.

Do this twice more.  
Let the path guide your focus.

---

#### STEP 5 — Settle

**Title:** Let It Settle

**Text:**

Bring your eyes back to the original point.  
Stay here for one slow breath in, and one slow breath out.

---

#### STEP 6 — Completion

**Title:** Reset Complete

**Text:**

Your focus is steadier, and the restlessness has eased.  
Reset complete.

## RESTLESS RESET #3 — “Tap Rhythm Sync”

Interactive Game — Bilateral Stimulation to Reduce Restlessness

**Science:** Based on **bilateral rhythmic stimulation**, which helps regulate the nervous system by giving the brain a predictable rhythm to follow.  
Used in therapies like EMDR to soothe agitation.

---

#### STEP 1 — Introduction

**Title:** Tap Rhythm Sync

**Text:**

You'll see a simple rhythm pattern appear on-screen.  
Tap the screen in time with the rhythm.  
Let the rhythm calm the restlessness.

---

#### STEP 2 — Start the Rhythm

**Title:** Follow the Beat

**Text:**

Tap left... tap right...  
Tap left... tap right...

Match the on-screen indicators as they appear.

---

#### STEP 3 — Increase Focus

**Title:** Keep the Rhythm

**Text:**

The rhythm will get slightly faster.  
Stay with it – tap left, tap right, tap left, tap right.

Let the steady pattern settle your energy.

---

#### STEP 4 — Slow the Rhythm

**Title:** Slow Down

**Text:**

The rhythm will now slow.  
Follow it all the way down until it stops.

Your mind follows the rhythm.  
Your body follows the calm.

---

#### STEP 5 — Completion

**Title:** Reset Complete

**Text:**

Your nervous system has synced with the slower rhythm.  
Restlessness should feel reduced.  
Reset complete.

## RESTLESS RESET #4 — “The Focus Grid Breaker”

Interactive Game — Cognitive Redirect to Reduce Fidgeting

**Science:** Based on **cognitive redirection** and **micro-task focus**, proven to reduce restless energy by giving the brain a small, engaging pattern recognition task.

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#### STEP 1 — Introduction

**Title:** Focus Grid Breaker

**Text:**

You’ll see a grid of circles.  
One circle will light up at a time.  
Tap the lit circle as quickly as you can.

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## STEP 2 — Start the Grid

**Title:** Quick Taps

**Text:**

A circle will glow.

Tap it.

Another one will glow.

Tap that too.

Stay focused.

Keep tapping.

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## STEP 3 — Increasing Challenge

**Title:** Faster Lights

**Text:**

The glowing circles will now appear faster.

Tap them as they show up.

Feel your mind becoming fully focused.

---

## STEP 4 — Final Round

**Title:** Final Focus Push

**Text:**

One last quick burst –

Tap the final few circles as they appear.

Almost there.

---

## STEP 5 — Completion

**Title:** Reset Complete

**Text:**

You've channelled your restless energy into focused action.  
Feel the calm that follows.  
Reset complete.

## OVERWHELM RESETS

1) The One-Minute Unload

**Total: 60 seconds**

2) The Space-Making Story

**Total: 90 seconds**

3) Bubble Sort Calm

**Total: 75–90 seconds**

4) Pathway Builder

**Total: 90 seconds**

## OVERWHELM RESET #1 — “The One-Thing Horizon”

Guided Story — Reduce Cognitive Overload Through Single-Task Orientation

**Science:** When overwhelmed, the brain over-processes multiple inputs. Narrowing attention to *one* anchor reduces cognitive load and settles the nervous system.

---

STEP 1 — Introduction

**Title:** The One-Thing Horizon

**Text:**

When everything feels like too much, your mind is trying to hold hundreds of things at once.  
This reset brings you back to one.

---

## STEP 2 — Find One Object

**Title:** Pick an Anchor

**Text:**

Look around and choose a single object near you – your phone, a light, a cup, anything.  
This will be your focus point.

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## STEP 3 — Slow Breath With the Object

**Title:** Anchor In

**Text:**

Look at your object.  
Take a slow breath in for 3...  
And out for 4...

Hold your attention there.

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## STEP 4 — Describe It Silently

**Title:** Simple Details

**Text:**

Silently describe one detail you can see – a colour, a shape, a texture.  
That's all you need to focus on.

---

## STEP 5 — Let Everything Else Drop Away

**Title:** Reduce the Noise

**Text:**

Anything you were worrying about can wait.  
Right now, there is only this one thing.

---

STEP 6 — Completion

**Title:** Reset Complete

**Text:**

Your mind has shifted from everything to one thing.  
Overwhelm should feel lighter.  
Reset complete.

## OVERWHELM RESET #2 — “The Shortest Path Home”

Guided Story — Rapid Visual Grounding & Nervous System Soothing

**Science:** Overwhelm activates the sympathetic nervous system.  
This reset uses visual orientation + paced breathing to regulate it quickly.

---

STEP 1 — Introduction

**Title:** The Shortest Path Home

**Text:**

When you feel overwhelmed, your body needs one message:  
You are safe.  
We'll guide your nervous system back there now.

---

STEP 2 — Visual Orientation

**Title:** Look Around

**Text:**

Gently look left, then right.  
Let your eyes scan the space around you.

This signals to your brain that there is no immediate threat.

---

### STEP 3 — Breathe Into Safety

**Title:** Breath Reset

**Text:**

Inhale for 3...  
Hold for 1...  
Exhale for 5...

Do this twice more.

---

### STEP 4 — Settle Into Your Seat or Stance

**Title:** Feel the Ground

**Text:**

Notice how your body is supported.  
Your feet, your back, your hands.  
Feel the weight of your body being held.

---

### STEP 5 — Return to Centre

**Title:** Bring It Back

**Text:**

Now bring your eyes to one point on your screen.  
Breathe once more, slowly.

---

## STEP 6 — Completion

**Title:** Reset Complete

**Text:**

Your nervous system has softened.

Overwhelm fades as your body returns to safety.

Reset complete.

# OVERWHELM RESET #3 — “Thought Sorter”

Interactive Game — Reduce Overwhelm Through Cognitive Sorting

**Science:** Overwhelm comes from unorganised mental load.

This uses a quick on-screen categorisation task, shown in cognitive research to **reduce perceived chaos** and improve emotional regulation.

---

## STEP 1 — Introduction

**Title:** Thought Sorter

**Text:**

You’ll sort bubbles on screen into two simple categories.

This helps your brain feel clearer and more organised.

---

## STEP 2 — Choose Your Categories

**Title:** Simple Choices

**Text:**

Choose two categories, like:

- “Now” vs “Later”
- “Important” vs “Not Important”
- “Work” vs “Life”

Your choice.

---

### STEP 3 — Sorting Begins

**Title:** Drag to Sort

**Text:**

Bubbles will appear on the screen with simple words on them.  
Drag each bubble to one of your two categories.

---

### STEP 4 — Pace Increases

**Title:** Keep Going

**Text:**

The bubbles come a little faster now.  
Trust your instinct.  
Just place them where they feel right.

---

### STEP 5 — Final Sort

**Title:** Last Few

**Text:**

Just a few more bubbles.  
Sort them into place – almost done.

---

### STEP 6 — Completion

**Title:** Reset Complete

**Text:**

You've turned overwhelm into order.  
Your brain should feel clearer and lighter.  
Reset complete.

# OVERWHELM RESET #4 — “The Pressure Valve”

Interactive Game — Somatic Tension Release Paired With Visual Feedback

**Science:** Overwhelm causes physical tension.

This uses **isometric micro-tensing + visual feedback** — a combination shown to reduce stress hormones and calm the body.

---

## STEP 1 — Introduction

**Title:** The Pressure Valve

**Text:**

You'll release overwhelm through small, controlled muscle squeezes.  
As you do, the on-screen bar will show your pressure releasing.

---

## STEP 2 — Hand Squeeze

**Title:** Hands First

**Text:**

Gently squeeze your hands into fists for 2 seconds.  
Release slowly.

Watch the bar drop.

---

## STEP 3 — Shoulders

**Title:** Shoulder Release

**Text:**

Lift your shoulders slightly, hold for 2...  
and release.

The pressure bar drops again.

---

#### STEP 4 — Jaw Release

**Title:** Soften the Jaw

**Text:**

Gently clench your jaw for 2 seconds...  
Then soften it completely.

The bar falls once more.

---

#### STEP 5 — Final Release

**Title:** Full-Body Ease

**Text:**

Take one slow breath.  
Visualise the bar emptying as your body softens.

---

#### STEP 6 — Completion

**Title:** Reset Complete

**Text:**

Your physical tension has eased, and your overwhelm has loosened its grip.  
Reset complete.

## TIRED RESETS

1) The Two-Minute Reboot

**Total: 75–90 seconds**

2) The Slow Rise Story

**Total: 90 seconds**

3) Tap to Wake

**Total: 60–90 seconds**

4) Blink Breaker

**Total: 60 seconds**

# TIRED RESET #1 — “The Two-Minute Reboot”

Guided Story — Light Sensory Activation to Boost Alertness

**Science:** Mild sensory orientation (visual + breathing + posture shift) increases alertness by stimulating the reticular activating system.

---

## STEP 1 — Introduction

**Title:** The Two-Minute Reboot

**Text:**

When you feel tired, your senses go into low power mode.  
This reset gently switches them back online.

---

## STEP 2 — Visual Wake-Up

**Title:** Look Around

**Text:**

Turn your head slightly and look around your environment.  
Notice three things that catch your eye.  
Anything.

---

### STEP 3 — Posture Reset

**Title:** Small Adjustment

**Text:**

Straighten your back just a little.  
Open your chest.  
Let your body shift into a more alert position.

---

### STEP 4 — Short Brightening Breath

**Title:** Breath Lift

**Text:**

Inhale for 2 seconds...  
Exhale for 2 seconds...  
Repeat twice.

This breath pattern gently increases alertness.

---

### STEP 5 — Micro Attention Boost

**Title:** Wake Up Your Mind

**Text:**

Focus on one detail on your screen right now.  
Hold your attention on it for three seconds.  
That's it.

---

### STEP 6 — Completion

**Title:** Reset Complete

**Text:**

Your senses are sharper, your posture is lifted, and your mind is more awake.  
Reset complete.

# TIRED RESET #2 — “The Slow Rise Story”

Guided Story — Gentle Cognitive Activation

**Science:** Slow mental ramping increases wakefulness by easing the brain into higher engagement levels.

---

## STEP 1 — Introduction

**Title:** The Slow Rise Story

**Text:**

Fatigue makes your mind feel foggy and slow.  
This reset wakes you up gradually, without forcing it.

---

## STEP 2 — Light Orientation

**Title:** Notice the Space

**Text:**

Look around your environment.  
Find one thing that’s bright or contrasting.  
Hold your attention there.

---

## STEP 3 — Light Movement

**Title:** Small Motion

**Text:**

Roll your shoulders gently, once forward, once back.  
Tiny movements signal your body to reactivate.

---

## STEP 4 — Mental Ramp-Up

**Title:** Simple Thinking Task

**Text:**

Name silently:

- One sound you hear
- One thing you can see
- One thing you can touch

This shifts your brain out of fog mode.

---

#### STEP 5 — Breath Lift

**Title:** One Energising Breath

**Text:**

Inhale for 3...

Exhale for 2...

Repeat once.

---

#### STEP 6 — Completion

**Title:** Reset Complete

**Text:**

Your mind has risen gently from tiredness into clarity.

Reset complete.

---

## TIRED RESET #3 — “Tap to Wake”

Interactive Game — Rhythmic Tapping for Alertness

**Science:** Rhythmic tapping activates motor circuits and increases mental alertness (similar to cognitive warm-ups used in fatigue studies).

---

#### STEP 1 — Introduction

**Title:** Tap to Wake

**Text:**

You'll tap the screen in simple rhythms.

This activates the brain areas linked to attention and alertness.

---

## STEP 2 — Warm-Up Taps

**Title:** Slow Start

**Text:**

Tap the circle on screen once every second.

A soft pulse guides you.

---

## STEP 3 — Moderate Pace

**Title:** Pick Up the Rhythm

**Text:**

The circle now glows slightly faster.

Tap to match the new pace.

---

## STEP 4 — Quick Burst

**Title:** Short Activation

**Text:**

For 5 seconds, tap as quickly as you comfortably can.

This gives your brain a fast energy spike.

---

## STEP 5 — Return to Steady Pace

**Title:** Settle the Rhythm

**Text:**

The circle slows again.

Match the steady pulse for a few more taps.

---

#### STEP 6 — Completion

**Title:** Reset Complete

**Text:**

Your brain should feel more awake and alert.  
Reset complete.

---

## TIRED RESET #4 — “Blink Breaker”

Interactive Game — Visual Stimulation to Increase Wakefulness

**Science:** Increasing blink rate and visual focus boosts dopamine and alertness, similar to light-activation protocols.

---

#### STEP 1 — Introduction

**Title:** Blink Breaker

**Text:**

This reset uses visual focus and blinking patterns to wake up your eyes and mind.

---

#### STEP 2 — Focus Point

**Title:** Hold the Spot

**Text:**

A circle appears in the centre of your screen.  
Look directly at it for three seconds.

---

### STEP 3 — Blink Burst

**Title:** Fast Blinks

**Text:**

Blink quickly 5 times while keeping your eyes on the circle.  
This refreshes your visual system.

---

### STEP 4 — Track the Movement

**Title:** Follow It

**Text:**

The circle now moves slowly around the screen.  
Follow it with your eyes.

---

### STEP 5 — Final Focus

**Title:** Sharpen In

**Text:**

The circle returns to the centre.  
Hold your gaze steady for 2 seconds.

---

### STEP 6 — Completion

**Title:** Reset Complete

**Text:**

Your eyes and mind are refreshed, and the fatigue should feel lighter.  
Reset complete.



## SCATTERED RESETs

### 1) The One-Thing Anchor

**Total: 60–75 seconds**

2) The Thought Path

**Total: 60 seconds**

3) Dot Connect

**Total: 75–90 seconds**

4) Swipe to Sort

**Total: 60–75 seconds**

## SCATTERED RESET #1 — “The One-Thing Anchor”

Guided Story — Cognitive Anchoring & Attentional Narrowing

**Science:** Narrowing attention to a single stimulus reduces mental overload and restores cognitive control.

---

### STEP 1 — Introduction

**Title:** The One-Thing Anchor

**Text:**

When your mind feels scattered, focusing on one simple thing helps pull everything back together.  
We’ll anchor your attention in a calm, steady way.

---

### STEP 2 — Choose Your Anchor

**Title:** Pick One Point

**Text:**

Look at one point on your screen.

Any point.  
Hold your focus there.

---

### STEP 3 — Anchor Your Breathing

**Title:** Match the Moment

**Text:**

Inhale gently for 3 seconds...  
Exhale for 3 seconds...  
Keep your eyes on your chosen point.

---

### STEP 4 — Clear the Noise

**Title:** The Quietening

**Text:**

Imagine your thoughts moving behind the anchor point, like they're fading into the background.  
Let each breath make the point feel steadier.

---

### STEP 5 — Completion

**Title:** Reset Complete

**Text:**

Your attention has narrowed and your mind is calmer.  
Reset complete.

---

## SCATTERED RESET #2 — “The Thought Path”

Guided Story — Sequencing & Cognitive Ordering

**Science:** Sequencing tasks reduce mental fragmentation and strengthen executive function.

---

#### STEP 1 — Introduction

**Title:** The Thought Path

**Text:**

A scattered mind usually means your thoughts are jumping around. We'll straighten the path with a simple ordering reset.

---

#### STEP 2 — Visual Orientation

**Title:** Look Around

**Text:**

Look around your space and silently pick three objects you can see. Just notice them.

---

#### STEP 3 — Create Your Mental Path

**Title:** Order Them

**Text:**

Now mentally arrange those three objects in a simple order:

First...

Second...

Third.

---

#### STEP 4 — Follow the Sequence

**Title:** Walk the Path

**Text:**

Now repeat the order once more in your mind.  
This helps your brain shift from scattered to structured.

---

#### STEP 5 — Completion

**Title:** Reset Complete

**Text:**

Your mind has a clearer path and your thoughts feel more organised.  
Reset complete.

---

## SCATTERED RESET #3 — “Dot Connect”

Interactive Game — Attention Channel Switching

**Science:** Connecting points in order strengthens focus, reduces cognitive noise, and improves attentional switching.

---

#### STEP 1 — Introduction

**Title:** Dot Connect

**Text:**

You’ll connect dots on your screen in the correct order.  
This helps your mind shift from scattered to focused.

---

#### STEP 2 — Start the Sequence

**Title:** Begin

**Text:**

Tap dot number 1.  
A glow will show you where to go next.

---

### STEP 3 — Follow the Path

**Title:** Keep Connecting

**Text:**

Tap the dots in order: 1... 2... 3... and so on.  
Let the sequence guide your attention.

---

### STEP 4 — Final Connection

**Title:** One Last Tap

**Text:**

Tap the final dot in the sequence.  
Feel your focus narrow and settle.

---

### STEP 5 — Completion

**Title:** Reset Complete

**Text:**

Your mind has shifted from scattered to centred.  
Reset complete.

---

## SCATTERED RESET #4 — “Swipe to Sort”

Interactive Game — Cognitive Sorting & Prioritisation

**Science:** Quick categorising tasks reduce mental scatter by activating executive sorting processes.

---

## STEP 1 — Introduction

**Title:** Swipe to Sort

**Text:**

You'll see simple words appear on your screen.

Swipe them left or right based on whether they feel "Important Now" or "Later".

---

## STEP 2 — Start Sorting

**Title:** First Words

**Text:**

A word appears.

Swipe it left for "Later" or right for "Important Now".

Trust your instinct.

---

## STEP 3 — Continue Sorting

**Title:** Keep Going

**Text:**

More words now—keep swiping.

Your brain is organising itself as you go.

---

## STEP 4 — Final Word

**Title:** Last Swipe

**Text:**

Here's your last word.

Swipe it where it belongs.

---

## STEP 5 — Completion

**Title:** Reset Complete

**Text:**

Your brain has sorted and simplified.  
You should feel clearer and more focused.  
Reset complete.

---