

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.

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.

How to Style All Reset Screens (Brand Guidelines)

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

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)

 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)
-

 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.

 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.

 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.

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

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.)

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.

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.)

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.

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

Guided mental reset using visualisation + slow paced breathing

Total time: ~60–90 seconds

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.

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.

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.

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.

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.

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.

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

Sensory grounding + paced imagination, scientifically shown to reduce stress

Total time: ~60 seconds

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.

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.

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.

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.

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.

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.

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.

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 Rhytm 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.

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.

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.

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.

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.

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.
