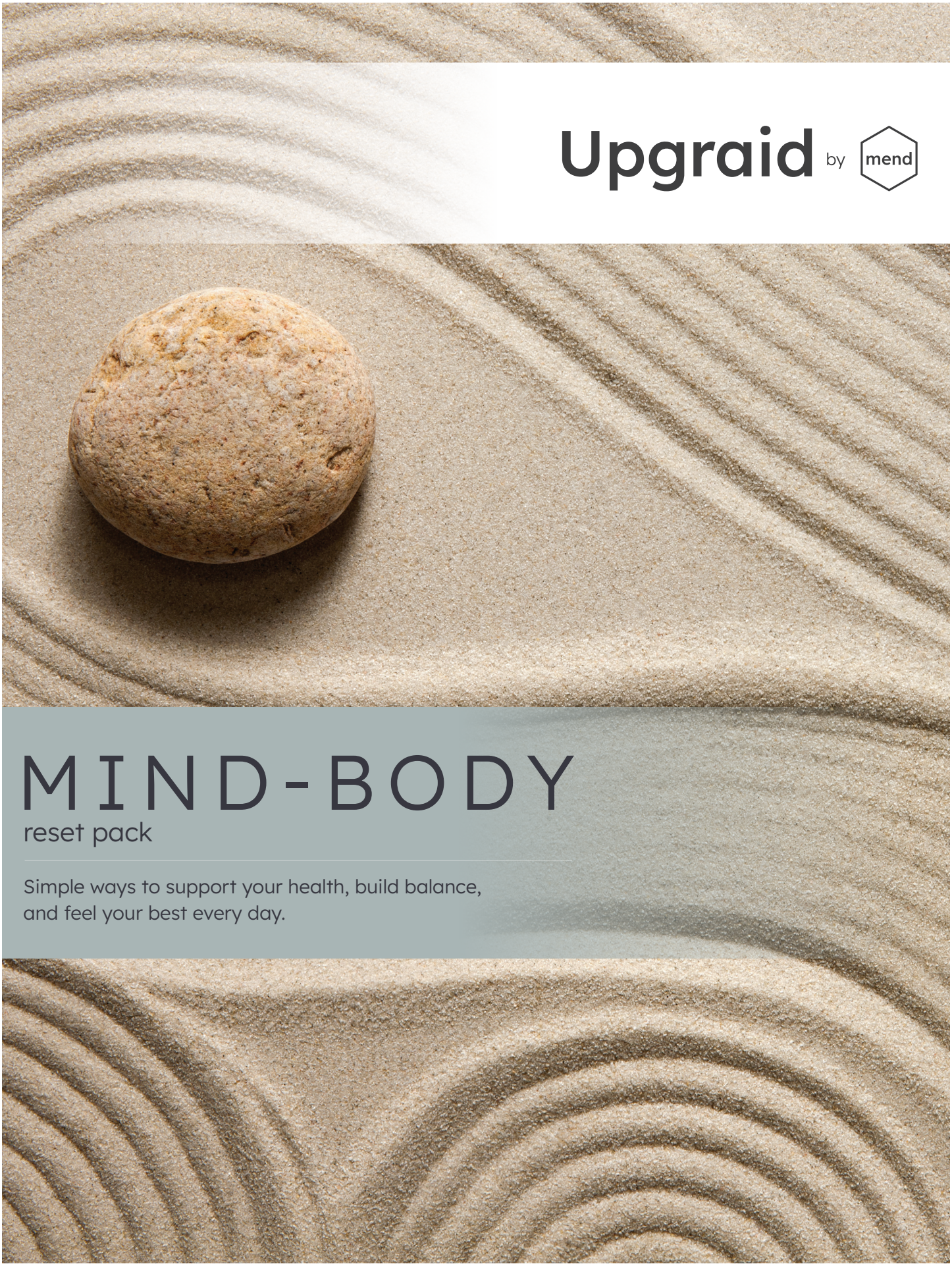
Upgraid by mend



MIND-BODY

reset pack

Simple ways to support your health, build balance,
and feel your best every day.

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MIND-BODY RESET PACK

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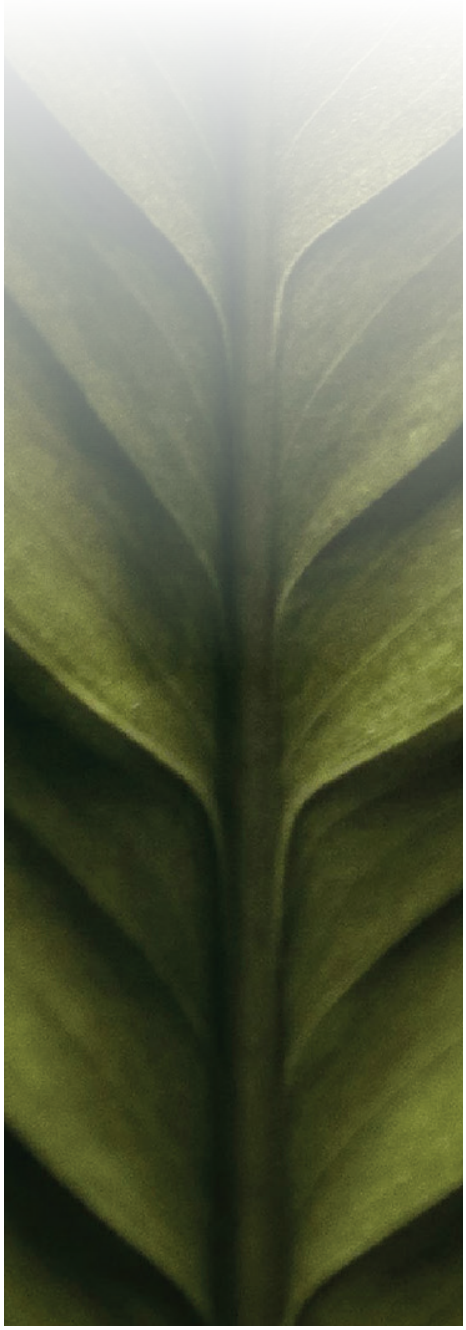
introduction

SIMPLE WAYS TO CARE FOR YOUR MIND AND BODY

We hope this digital guide filled with mindfulness activities and self-care ideas brings you a boost of positivity and calm as you navigate new routines and changing circumstances. We know that life can feel unpredictable right now, but taking time to slow down and care for yourself can make a big difference.

Inside, you'll find practical tools to help you ease stress, build healthy habits, and bring more balance into your day. Each activity is designed to support your mind, body, and overall wellbeing.

We hope these resources inspire you to put yourself first, even in small ways. From our team to you, take care and keep going—you've got this.



mindfulness + meditation

FIND YOUR CALM

Meditation is simply the practice of noticing your thoughts, breath and surroundings without judgment. It's a reset for your mind and body.

Why it Matters

- Calms your nervous system
- Improves focus and mood
- Helps manage stress and anxiety

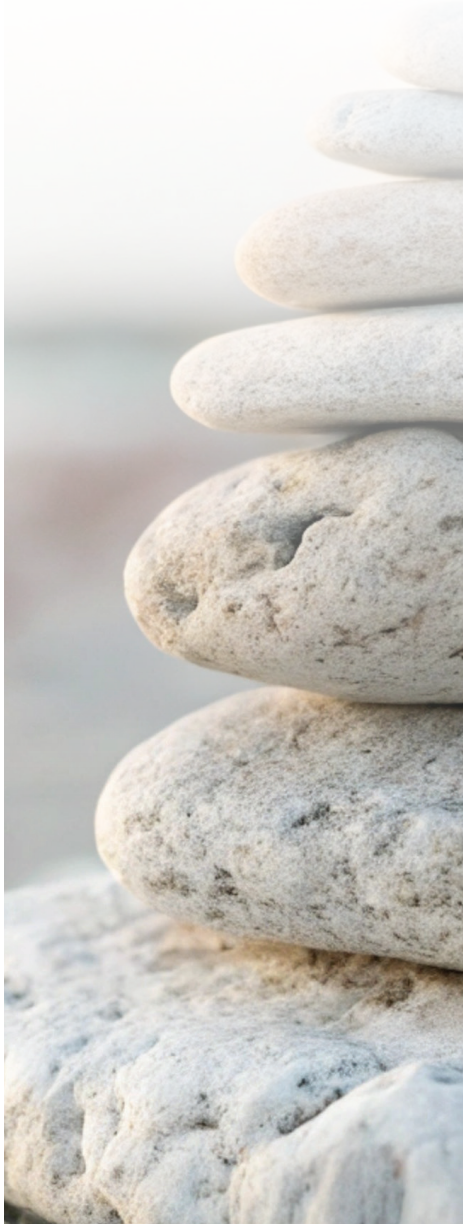
Try these exercises:

4-7-8 Breathing

1. Sit or stand comfortably with your back straight
2. Inhale through your nose for 4 counts.
3. Hold your breath for 7 counts.
4. Repeat 3 times. Notice how your body feels afterward.
5. Exhale slowly through your mouth for 8 counts

Five-Finger Breathing

1. Sit or stand comfortably with your back straight.
2. Hold one hand open in front of you.
3. With your other hand, trace up each finger as you breathe in, and down as you breathe out.
4. Move slowly, focusing on the rhythm of your breath until you've traced all five fingers.



mindful movement

MOVE WITH INTENTION

Movement doesn't have to mean a workout,
it's about reconnecting with your body and breath.

Walking Meditation

Take slow, intentional steps. Feel your feet connect to the ground, notice the rhythm of your breath, and let your thoughts pass by.

1. Begin by taking slow steps and pay attention to your feet, body, and breath, as you move.
2. Walk for 5 to 10 minutes.
3. After you have stopped walking simply pause, sit quietly, and reflect on your experience.

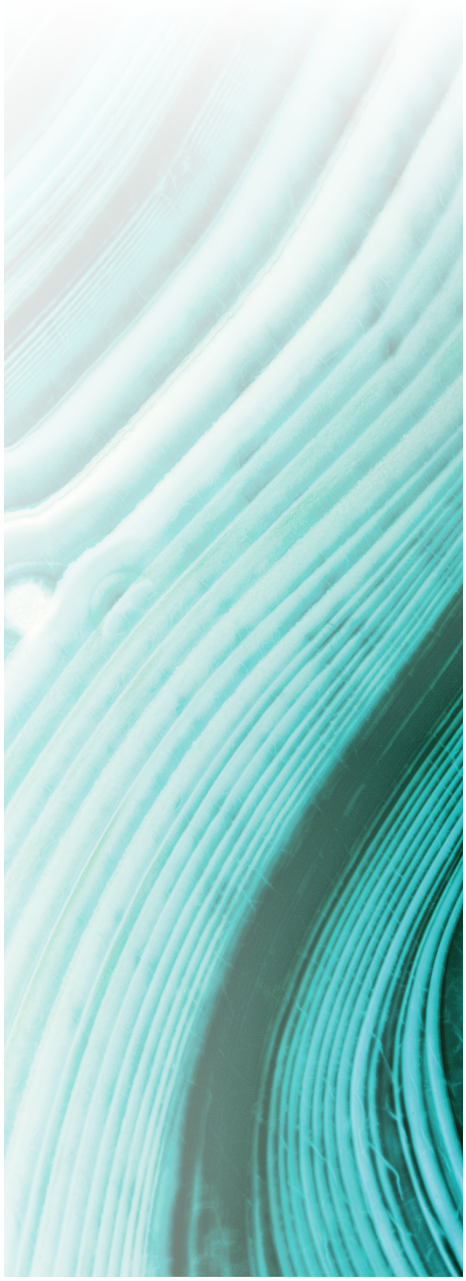
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- What did you notice in your feet, hips, legs or other parts of your body?
- What did you notice in your mind and thought patterns?
- What did you notice about your breathing?

Gentle Yoga

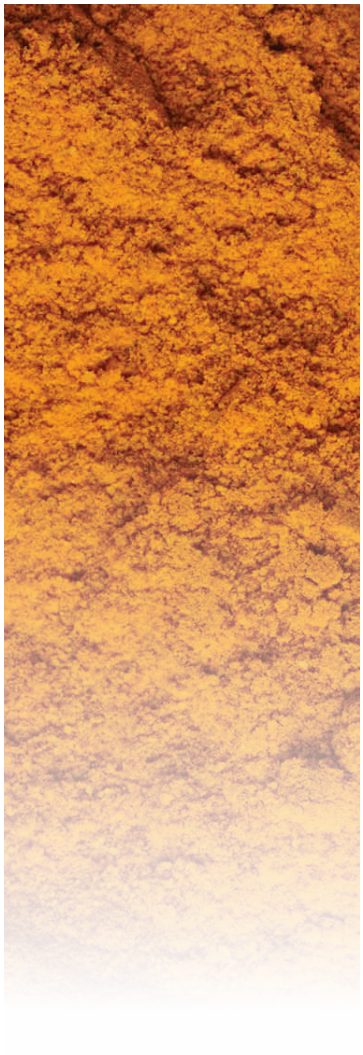
Flow through simple stretches or follow an online class that feels good in your body. Yoga helps release tension and quiet the mind.

Reflection prompt: How does your body feel after mindful movement?



creative mindfulness

CREATE, REFLECT, RECHARGE



Both creating and viewing art can be deeply meditative. When observing art, let yourself be fully present, using the piece or performance as an anchor for your attention.

Making art helps us express emotions that words can't always capture and is a proven way to ease stress.

Try this:

- Doodle, paint, or color while focusing on the movement of your hand.
- Go on a short photo walk. Snap pictures of textures, colors, or light that catch your attention.
- Let your creativity guide you, not perfection.

Tip: Turn on music you love and let creativity become a form of relaxation.

Photography can be a simple, powerful way to practice mindfulness. It helps you slow down, notice your surroundings, and connect more deeply with the present moment.

The Center for Healthy Minds at the University of Wisconsin–Madison developed a five-week mindful photography program, describing the practice as "a physical expression of mindfulness… about stopping, pausing, observing, framing, focusing, and capturing, a relationship with the present moment."

How to Begin:

1. **Pause and breathe.** Take three slow breaths. Notice the sounds, the light, the feeling of your feet on the ground or the air on your skin.
2. **Start walking mindfully.** Move slowly and observe what draws your attention like shapes, colors, movement, or light.
3. **Get curious.** When something captures your eye, pause and explore it. Notice details like texture, color, and emotion. Shift your perspective—move closer, step back, change your angle.
4. **Recenter.** Take another deep breath. Return to the view or feeling that resonated most and capture the photo.

gratitude + reflection

REFLECT AND RECENTER

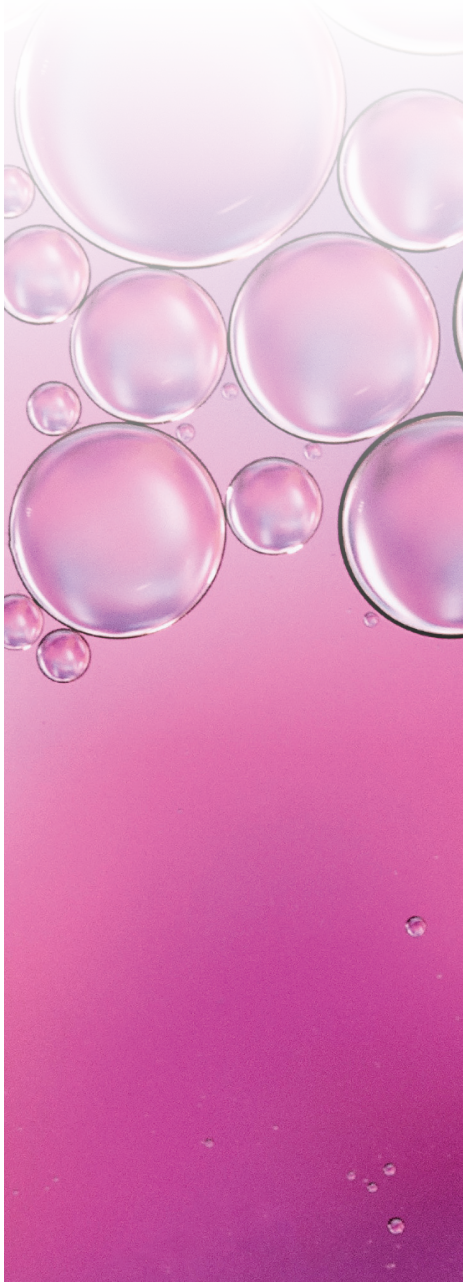
Gratitude helps boost positive emotions and deepen our overall sense of life satisfaction. During uncertain times, it's more important than ever to pause, reflect, and appreciate the small moments of good that surround us.

Three Good Things

At the end of your day, write down three things that made you smile. Reflect on why each moment mattered.

Journal Prompts

- What helped you feel calm today?
- What's something small that brought you joy?
- How can you show yourself kindness this week?



mindful eating

FUEL YOUR BODY, FEED YOUR MIND

Slow down and really experience your food. Engage your senses like the smell, texture, flavor, and color of each bite.

Simple Ways to Eat Mindfully

Notice Your Food
Before your first bite, pause. Look at your food's colors and textures. Check in with your hunger—how does your body actually feel?

Engage Your Senses
Breathe in the aroma, notice the temperature, and pay attention to texture as you chew. Try to identify ingredients or flavors.

Slow Down
Take smaller bites, chew thoroughly, and give yourself time to enjoy each mouthful. Eating slower helps your body recognize when it's full.

Savor the Flavor
Focus on the taste of each bite without distractions like screens or multitasking. Notice how the experience changes when you're fully present.



Smart Snack Ideas

- Apple or banana with nut butter
- Whole grain crackers with hummus
- Yogurt with granola and berries
- Cheese and fruit
- Trail mix with nuts and seeds
- Hard-boiled egg with avocado
- Raw veggies with dip
- Lightly salted popcorn

Try This:

Before your next meal, take three deep breaths, look at your food, and say a quiet "thank you." Notice how that simple pause shifts your experience.

everyday self-care

SMALL STEPS THAT ADD UP

Self-care doesn't have to mean spa days or big routines. It's the small, intentional choices you make each day that help you feel grounded, focused, and well. Consistency matters more than perfection. It's tiny habits can create real change over time.

Simple Practices for Daily Balance

1. **Pause and Breathe** | Take 3 deep breaths before starting your day, a meal, or a meeting. It's a quick way to calm your body and reset your mind.
2. **Move Your Body** | Stretch when you wake up, take short walks between tasks, or put on music and dance for a few minutes. Movement boosts energy and mood.
3. **Nourish Yourself** | Eat regular meals, stay hydrated, and listen to your hunger cues. Food is fuel—treat it as an act of self-care.
4. **Practice Gratitude** | Write down one thing you're grateful for each night. It helps shift focus toward positivity and what's going right.
5. **Unplug for a Moment** | Put your phone away for a short break, even five minutes. Notice your surroundings, your breath, or how your body feels.

Quick Wins to Try Today

- Step outside and take in fresh air
- Write down a goal or intention for tomorrow
- Drink a full glass of water when you feel sluggish
- Send a kind message to someone you care about
- Do one small thing that makes you smile

Remember that self-care isn't selfish. It's the foundation for showing up as your best self every day.



journal prompts

REFLECT AND RECENTER

Journaling helps you slow down, clear your mind, and check in with yourself. You don't need to write a lot—just a few honest sentences can make a big difference.

How to Start

- Pick a quiet moment like morning, evening, or anytime you need a reset.
- Set a timer for 5 minutes and write freely.
- End with one thing you're grateful for.

Prompts to Try

What has changed in my day-to-day life recently? Which changes have been positive, and which have been challenging?

What has been most difficult about feeling disconnected from my usual routines or community?

What am I grieving right now—what have I lost, and what have I found in the midst of change?

What positive shifts can I recognize in my life or mindset?

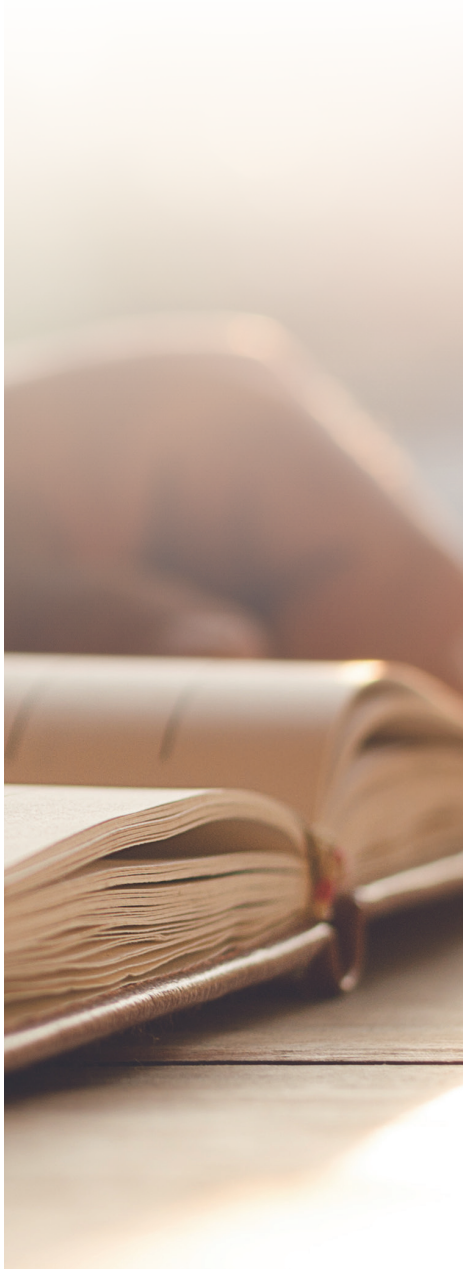
How am I taking care of myself right now? What's one thing I could add or do differently?

What brings me calm or comfort when I'm stressed or anxious?

How am I showing up for my family, friends, or community? How can I connect more meaningfully?

Try This:

Keep a small notebook nearby and jot down one thought or moment of gratitude each day. Small reflections build big awareness over time.



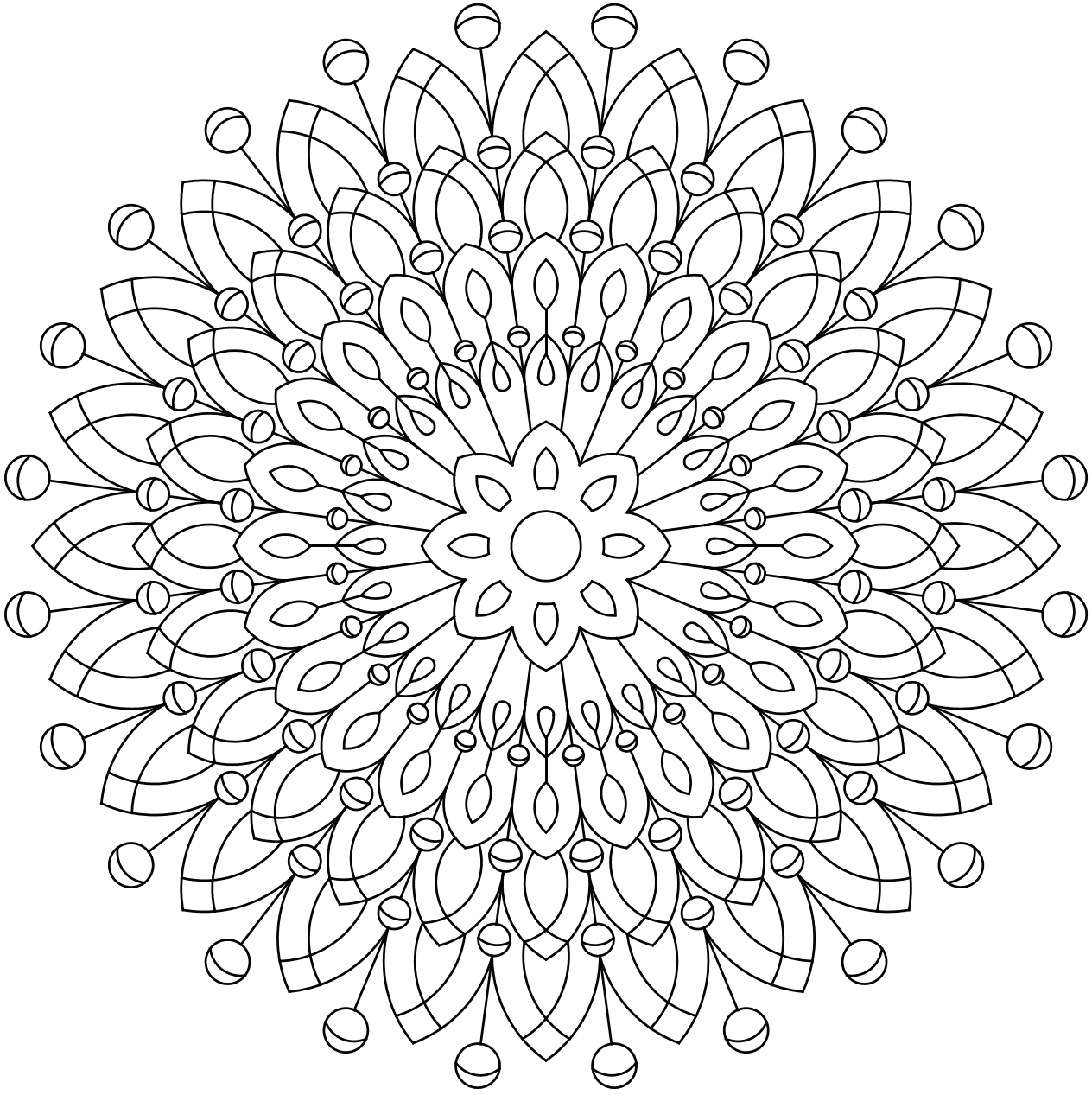
creative break

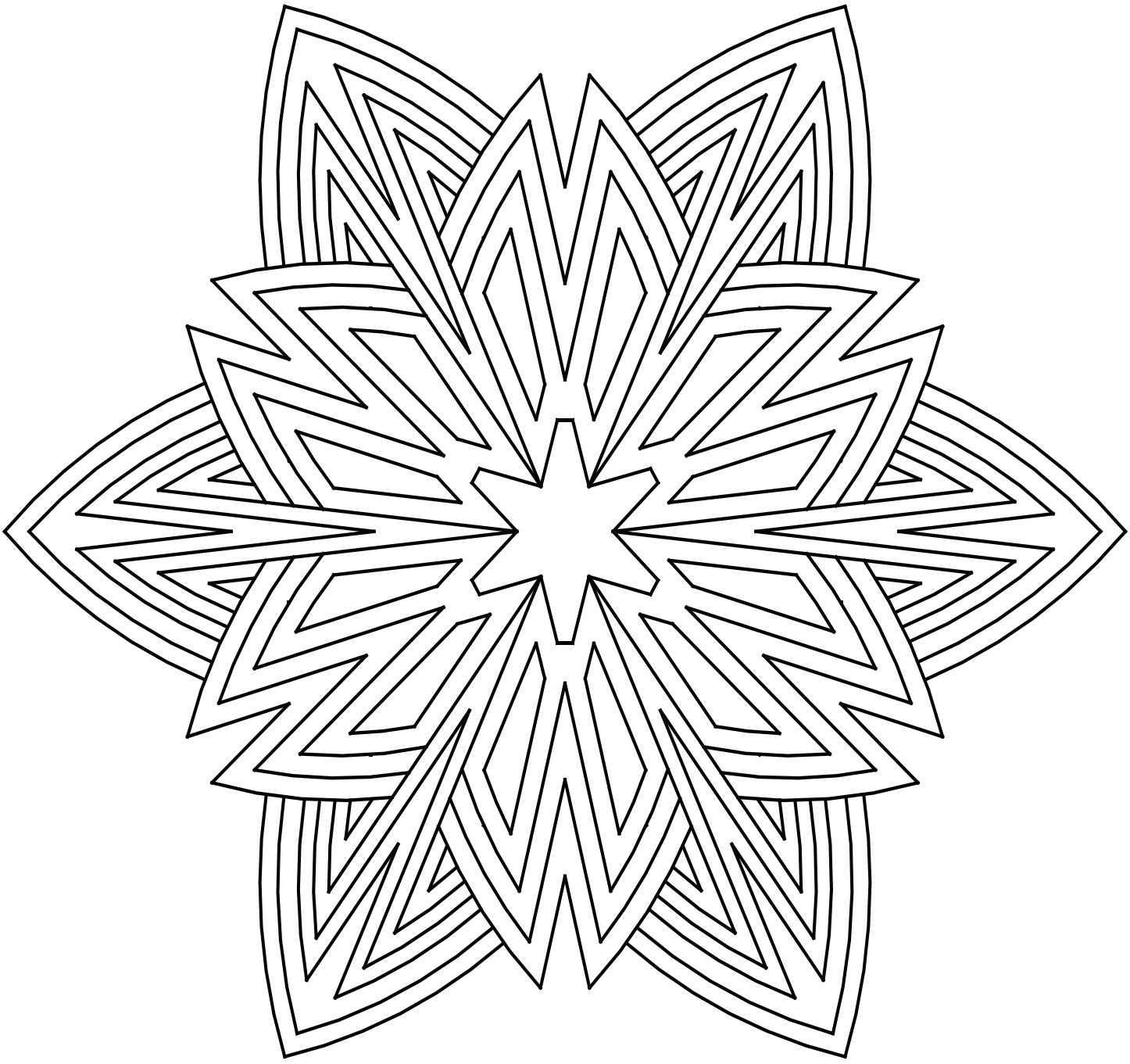
COLOR, CREATE, AND UNWIND

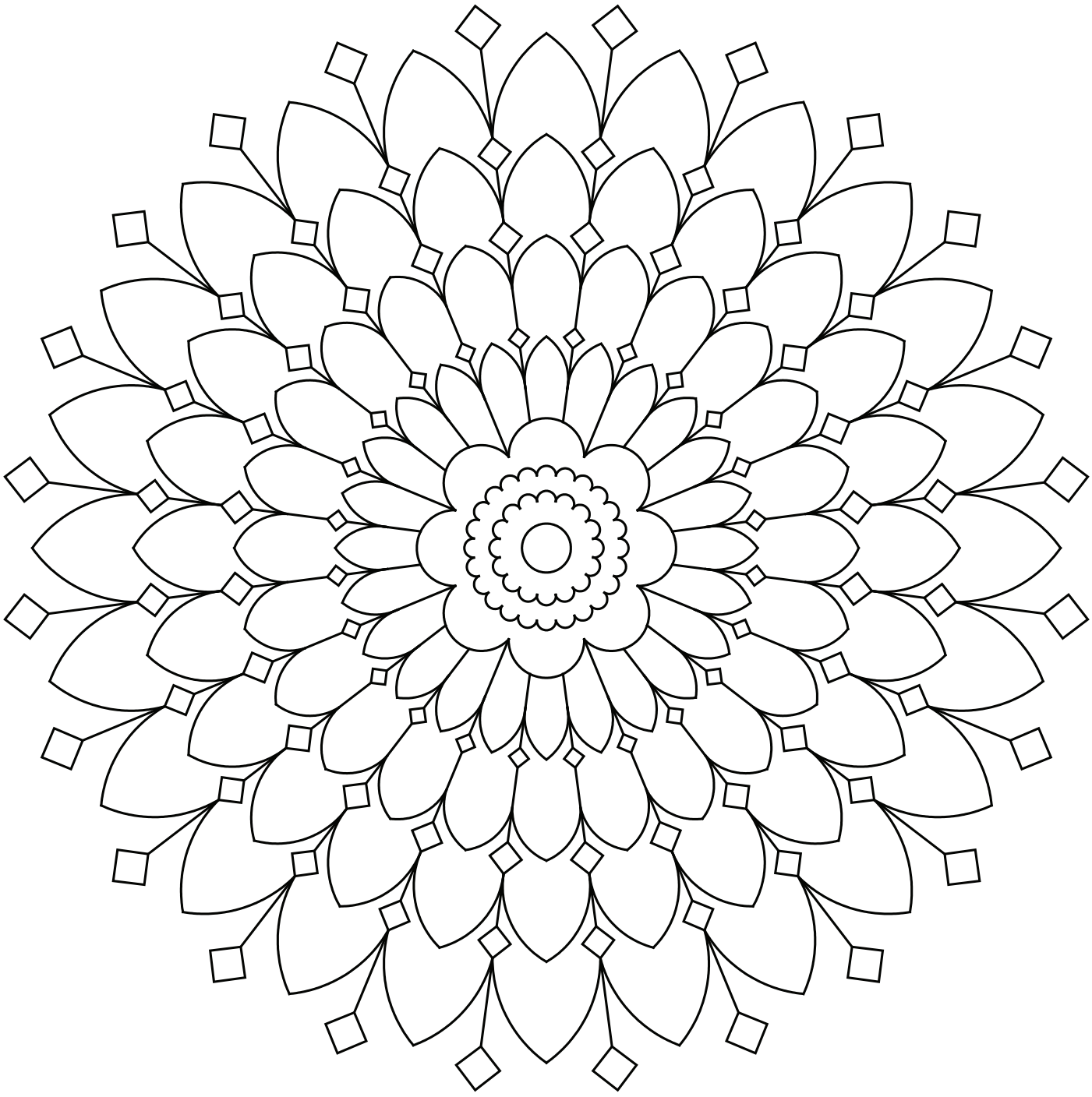
Coloring mandalas can be surprisingly calming. The repeating shapes and symmetry help quiet racing thoughts and bring your focus into the present moment.

Try This:

Find a comfortable spot, take a few slow breaths, and color without rushing. Notice the rhythm of your hand and how the patterns begin to come alive.







take care of yourself

PAUSE, BREATHE, AND RECENTER

Remember to pause, breathe, and recenter when life feels busy. Small moments of mindfulness, movement, and reflection can help you feel more grounded and present each day.

If you found a practice in this booklet that feels helpful, reach out to your care team to learn more or explore additional resources that support your wellbeing.

Your health and balance start with you.
Take a moment to reset whenever you need it.

