

The Recharge Menu

Quick recoveries for when your energy drops. Pick one. Do it now.

MIND

5-Minute Breathing Cycle

Inhale 4 counts, exhale 6. Repeat for two minutes.
Shifts your nervous system to recovery mode.

Gratitude Text

Send one genuine message to someone you appreciate. Make it specific.

One Win

Write down one thing you did well today.
Not a list. Just one.

BODY

15-Minute Walk

Outside. No phone. No podcast.
Just movement and whatever you notice.

Stretch Your Stress Zones

Shoulders, hips, jaw. These are where tension lives. Give them two minutes each.

Hydrate

The simplest neurochemical reset there is.
Drink a full glass of water. Right now.

CONNECTION

Ask Genuinely

Find one person and ask how they are —
then actually listen to the answer.

Share a Meal

Without agenda, without your phone.
Just the food and the person across from you.

Hug Longer

Longer than feels efficient.
Oxytocin needs a moment to activate.

ENVIRONMENT

De-Clutter One Space

Your desk. Your car. One drawer.
External order creates internal calm.

Add Nature

Light, a plant, fresh air, or water.
One element. That's enough.

Change the Soundtrack

Lo-fi or silence instead of news.
Give your nervous system a quieter signal.

PURPOSE

Revisit Your Why

In one sentence — why does what you do matter? Write it. Read it.

Celebrate a Small Win

Tell someone about something that worked. Yours or theirs.

Reflect

End the day with two questions:
What worked? What mattered?