

A GIFT FOR YOU

# Your *Joy* Reset Kit

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*15 Nervous System Shifts to Help You  
Feel Like Yourself Again*

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Dr. Ali

JOY IS ALWAYS JUST ONE RESET AWAY

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## Energy Reset Practices

Quick, body-based tools to shift your state in seconds

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### The 30-Second Power Anchor

30 SECONDS

Stand tall, feet grounded, hands on hips, chin lifted. Three slow breaths. Tell your body: *"I'm safe. I'm here. I can handle this."* Your nervous system listens.

**Use this:** Before a meeting, a hard conversation, or anytime you feel small.

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### The Earlobe Nervous-System Release

3–5 MINUTES

Gently massage your earlobes while taking three deep breaths. This taps into the vagus nerve and signals your system to slow down.

**Use this:** In the car before pickup or walking into a stressful space.

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### The Cold Splash Reset

2 MINUTES

Cold water on your wrists, behind your ears, or across your face. Instant shift out of "freeze" or "fatigue" and into clarity.

**Use this:** In the afternoon crash or anytime you want caffeine but know you need regulation instead.

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## Micro-Celebration Resets

Train your brain to notice what's going right

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### The "Tiny Win" Text

2 MINUTES

Send someone a message about one small thing that went right today. It trains your brain to notice moments of success, not just responsibility.

**Use this:** Walking to your car or between tasks.

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### The One-Song Joy Break

3–5 MINUTES

Play one song that lights you up. Move your body however it wants — no choreography needed.

**Use this:** Before starting dinner or transitioning into "mom mode."

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### The Morning Evidence List

30 SECONDS

List three things you've already done today — even if it's "I got out of bed" or "I fed people." This grounds you in what's *real*, not what's missing.

**Use this:** During your first sip of coffee.

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## Connection Resets

Presence is one of the fastest paths back to yourself

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### The Two-Minute Voice Check-In

2–10 MINUTES

Call someone just to say hi. No planning. No solving. Just presence.

**Use this:** While folding laundry or on your commute.

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### The Gratitude Ripple

5 MINUTES

Text three people something specific you appreciate about them. Connection is one of the quickest ways to regulate your nervous system.

**Use this:** On a quiet Sunday morning.

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### The Family Micro-Moment

5 MINUTES

Pause what you're doing and find someone at home. Ask: *"What was the best part of your day?"* Then really listen. These tiny moments soften your whole house.

**Use this:** When you realize you've been in "busy mode" for hours.

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## Sensory Joy Resets

Come back to your body through the senses

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### The Music Memory

3–5 MINUTES

Play a song from a time when life felt lighter. Close your eyes for the chorus. Let your younger self tap you on the shoulder.

**Use this:** Getting ready in the morning or winding down at night.

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### The Texture Grounding

10 MINUTES

Hold something with a comforting texture — your sweater, a warm mug, your dog's fur. Let the sensation bring you fully into the present.

**Use this:** When you're overwhelmed, scattered, or spiraling.

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### The Slow Taste Ritual

2–3 MINUTES

Take one bite or sip of something delicious and actually taste it. No guilt. No rushing. Just presence.

**Use this:** When transitioning from work mode into family time.

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# Playfulness Resets

Your inner critic cannot survive lightness

**The Silly Voice  
Pattern Interrupt** Say something in a ridiculous voice — your inner critic cannot survive when she sounds like Mickey Mouse.

2 MINUTES

**Use this:** While doing dishes or during a stressful task.

**The Random Joy  
Text** Send a funny photo or GIF to someone you love. Joy multiplies when shared.

2 MINUTES

**Use this:** Standing in line or between meetings.

**The Permission Slip** Write yourself a literal permission slip: *"I have permission to enjoy my life without guilt."* Put it where you'll see it.

1 MINUTE

**Use this:** Every Sunday when planning your week.

You didn't work this hard to feel disconnected from your own life. These resets aren't indulgent — they're regulation. They help bring your nervous system back to a place where joy can actually land again.

*Your joy matters.*

*Your presence matters.*

**You matter.**

*Joy is always just one reset away.*

XO,

**Dr. Ali**