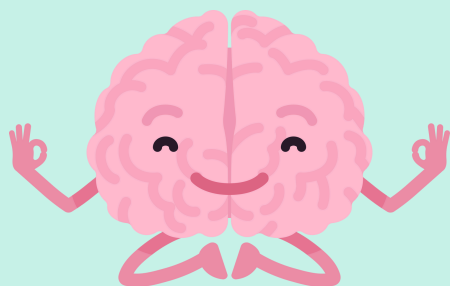


CMG MEDIA PRESENTS

THE 5-MINUTE RESET CHALLENGE

*30 Days to Recharge Your Mind,
One Small Step at a Time*



TERRY & DEVON SMITH

YOUR QUICK SELF-CARE RESET HELPERS

Take a 5-min walk	Mindfully drink a glass of water	Write down one thing you're proud of	Take a 5-min electronic break	Stretch for 5-min
Send someone a random compliment	5-min meditation breathing	Write down one win from this week	Listen to your fav song with your full attention	Declutter one small area
Say no to something that drains you	Eat one fruit or veggie	Dance silly to one song	Sit in silence for 5-min	Unfollow a toxic account
Write down your top 3 values	Text someone out of the blue	Compliment yourself out loud	Journal 3 things you love about your life	Light a candle and relax for 5-min
Visualize a win for tomorrow	Watch a funny video	Breathe deeply for 5-min	Clean your digital workspace	Reconnect to one passion
Write down what peace means to you	Do 5-min of light exercise	Mindfully experience a sunrise	Mindfully watch the sunset	Go for a 5-min walk in nature

Mindfully complete at least one of these actions daily.

A Note From The Authors

Dear Reader,

At CMG Media, Mental Health Awareness isn't just a cause — it's personal.

We believe in the power of small resets to protect your peace, rebuild your energy, and remind you that you're never alone on your journey.

This challenge was created with love, from real experiences and real lessons learned the hard way.

Whether you're surviving, thriving, or somewhere in between — you matter.

And if nobody's told you today: you are seen, you are valued, and you deserve to move at your own healing pace.

Thank you for letting CMG Media be part of your reset

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Stay strong, stay mindful, and stay true to yourself.

— CMG Media

The resources provided by CMG Media are intended for informational and motivational purposes only.

We are not licensed medical or mental health professionals.

This content is not intended to diagnose, treat, cure, or prevent any medical or mental health condition.

If you are experiencing a mental health emergency or crisis, please seek immediate assistance from a qualified healthcare provider, or call a crisis line or emergency services in your area.

Always consult a licensed medical professional before making any changes related to your mental health care.