



DAILY RESET ROUTINES

RECHARGE IN UNDER 5 MINUTES

AricBostick.com

These quick, powerful practices help you regulate stress, restore focus, and protect your energy—right in the middle of your busy day.

1.



Box Breathing (4-4-4-4)

How: inhale for 4 seconds → Hold 4 → Exhale 4 → Hold 4.
REPEAT

Why: Calms your nervous system and brings you back to center.

2.



Shake it Out Reset (1-3 Minutes)

How: Gently shake arms, shoulders, legs, and head.
Exhale with a sigh.

Why: Releases tension, moves stress out of your body.

3.



5-4-3-2-1 Grounding Tool

How: 5 things you see, 4 things you feel, 3 things you hear.
2 things you smell, 1 thing you taste.

Why: Brings you out of overwhelm and into the present moment.

4.



Heart Check-in

How: Close your eyes, place hand on heart. Ask, "What do I need right now?" Breathe.

Why: Builds emotional awareness and reconnects you to yourself.

5.



Mini Movement or Walk (2-5 minutes)

How: Take a short walk or stretch slowly. No phone.
Just move and breathe.

Why: Clears mental fog, resets your body and brain.

6.



Hum or Sing a Song

How: Hum or sing your favorite calming tune.

Why: Stimulates the vagus nerve and soothes your system.