

Love Your Mind Reset

A Gentle Guide to Caring for Your Mental Health with Values & Compassion

Purpose

To help people notice what they're feeling, respond with wisdom and kindness, and reset emotionally—in real life, real moments.

Think

Not "fix yourself." But: "Care for yourself."

What's Inside: Welcome • Self-Talk Check • Emotional Temperature • Compassion Practice • Feeling Decoder • When to Ask for More Help • Quick Reset Guide • Reset Menu • Choose-Your-Reset Page • My Personal Reset Plan • Closing Encouragement

Welcome

Welcome to the **Love Your Mind Reset**.

This guide was created for you—the one who shows up, keeps going, carries responsibility, and sometimes forgets to care for their own heart and mind.

Loving your mind is not selfish. It is an act of self-respect. It is wisdom. It is part of living a life aligned with your values.

This reset is not about "fixing yourself." It is about noticing yourself with compassion and responding with grace.

Wherever you are today—tired, hopeful, anxious, strong, discouraged, growing—there is room for you here.

Let's begin gently.

Why Loving Your Mind Matters

Your thoughts shape your emotions. Your emotions shape your choices. Your choices shape your life.

Self-kindness refers to the tendency to be caring and understanding with oneself rather than being harshly critical or judgmental.

Your mental health matters. Your emotional well-being matters. Your peace matters.

Loving your mind means speaking kindly to yourself, paying attention to your needs, asking for help when necessary, and creating rhythms of restoration.

You were never meant to live depleted.

What Loving Your Mind Looks Like

- Speaking kindly to yourself
- Paying attention to your needs
- Asking for help when necessary
- Creating rhythms of restoration

These are not luxuries. They are necessities for a life well-lived.

The Self-Talk Check

Pause for a moment and notice how you speak to yourself.

Complete the sentences honestly:

When I am tired, I usually say to myself:

When I make a mistake, I tell myself:

When I feel overwhelmed, my inner voice says:

Now reflect: What would kindness sound like instead? What would I say to a dear friend in this situation?

"I am learning. I am growing. I am worthy of compassion."

- ☐ **Reflection:** Take a moment to speak to yourself with the same gentleness you'd offer someone you care about. Notice how it feels to receive your own kindness.

Emotional Temperature Check

How full is your emotional cup today?

Take a moment to assess where you are right now. There's no right or wrong answer—just honest awareness.

😞 Empty

😐 Low

😊 Okay

😄 Full

Remember: Awareness is the first act of love.



Reflection Questions

- What is contributing to how I feel right now?
- What do I need most today?
- One small way I can care for myself today?

Compassion Practice

Place one hand on your heart. Take three slow breaths.

Read aloud:

I am allowed to rest.

I am allowed to grow.

I am learning.

I am worthy of care.

I am not behind.

I am part of a shared human experience.

Stay here for one minute. Let these truths settle into your heart. Notice how your body feels. Notice your breathing. You are safe in this moment.



Gratitude Moment: Take a breath and appreciate this moment you're taking for yourself. Thank yourself for showing up and being willing to care for your wellbeing.

Understanding Your Feelings

Our emotions are messengers, not enemies. They carry important information about what we need. Learning to listen to them with compassion is a gift you give yourself.

If I Feel...	It Might Mean...
Anxious	I need safety
Irritable	I'm overwhelmed
Numb	I'm exhausted
Sad	I need comfort
Restless	I need release
Discouraged	I need hope



Reflection

Which emotion shows up most for me lately?

What might it be trying to tell me?

When It's Time to Ask for More Help

Sometimes loving your mind means recognizing that you should not walk alone. Asking for help is not weakness. It is wisdom. You may benefit from extra support if:

☐ I feel overwhelmed most days

☐ I struggle to sleep regularly

☐ I've lost interest in things I used to enjoy

☐ I feel numb or hopeless often

☐ My anxiety feels unmanageable

☐ I'm isolating more than usual

☐ I feel emotionally exhausted

☐ I'm struggling to function well

☐ I feel stuck and unsure how to move forward

☐ I've had thoughts of harming myself

If you checked several of these, you deserve support. If you checked the last box, reach out for support right away.

Help Can Look Like:

- Talking with a trusted friend
- Speaking with a counselor or therapist
- Meeting with a doctor
- Joining a support group

You are worthy of care.

In Crisis?

In life-threatening situations, call 911 or go to the nearest emergency room.

If you are suicidal or in emotional distress, consider using the 988 Suicide & Crisis Lifeline.

Call or text **988** or [start a chat online](#) to connect with a trained crisis counselor. The Lifeline provides 24-hour, confidential support to anyone in suicidal crisis or emotional distress.

Looking for Mental Health Services?

- For referrals to substance use and mental health treatment programs, call the Substance Abuse and Mental Health Administration (SAMHSA) National Helpline at **1-800-662-HELP (4357)**, or visit **[FindTreatment.gov](#)**.
- **[MedlinePlus Directories](#)** offers a list of resources for locating a broader range of health practitioners.

Quick Reset Guide

When emotions rise quickly, use this simple guide to find your way back to center. These are tools you can return to again and again.

In the Moment Reset



Overwhelmed

90-second breathing reset



Lonely

Connection prompt



Anxious

Grounding practice



Drained

Energy boost activity



Discouraged

Hope reframing

Quick Reset Guide (continued)

Overwhelmed → 90-Second Breathing Reset

- Inhale 4 seconds
- Hold 2 seconds
- Exhale 6 seconds
- Repeat 5 times

Reminder: Calm your body, and your mind will follow.

Lonely → Connection Prompt

Try one:

- Send: "Thinking of you—can we talk soon?"
- Reach out to someone you appreciate
- Attend a community event or volunteer

Truth: You are not meant to be alone.

Anxious → Grounding Practice

- 5 things you see
- 4 things you feel
- 3 things you hear

*Reminder: Anchor yourself in this present moment.
You are here. You are safe.*



Drained → Energy Boost

Choose one:

- Walk 5 minutes
- Drink water
- Stretch
- Play uplifting music
- Rest without guilt

Remember: Your body carries you through life. Treat it with respect.

Discouraged → Hope Reframing

Ask:

- What have I survived?
- What am I grateful for today?
- What is still possible?

Write one reminder of hope:

Reset Menu

Choose the reset you need today. Think of this as a menu of care options—pick what nourishes your soul right now.



Calm Reset

- Breathe slowly
- Release tense muscles
- Practice mindfulness
- Connect with nature



Energy Reset

- Gentle movement
- Hydration
- Express gratitude
- Set a small goal



Connection Reset

- Reach out
- Share with someone
- Share honestly
- Receive support



Emotional Reset

- Name it
- Write it
- Honor it
- Release it



Hope Reset

- Reframe
- Remember your strengths
- Affirm
- Trust your resilience

Choose Your Reset

This is your space to practice. Come back to this page whenever you need to pause, reflect, and choose the care you need.

How do I feel right now?

Which reset will I use?

After practicing, what changed?

One truth I'm holding onto:

Remember: Every small act of self-care is an act of self-respect. You are choosing to honor the life you have been given.

My Personal Reset Plan

Creating a personal plan helps you respond to stress with intention rather than reaction. Fill this out when you're in a calm space, so it's ready when you need it most.

My biggest stressors:

My warning signs:

My top three resets:

1.

2.

3.



People I can reach out to:

Values that guide me:

What help do I need to move forward with courage?

Closing Encouragement

You are growing. You are learning. You are becoming.

Progress does not require perfection. Healing does not happen overnight. Joy can exist alongside struggle.

You are not walking alone on this journey.

"The curious paradox is that when I accept myself just as I am, then I can change." — *Carl Rogers*

As you close this guide, know that you can return to it whenever you need. These practices are not one-time exercises—they are rhythms you can weave into your life, tools you can reach for again and again.

You are worthy of the care you give to others. You are worthy of rest. You are worthy of grace. You are worthy of hope.

May you continue to love your mind, tend your heart, and walk forward with courage, knowing that you have everything within you that you need.

📄 **Gratitude Practice:** Take a moment to appreciate yourself for completing this journey. List three things you're grateful for today—about yourself, your life, or this moment. Let gratitude be your anchor.

📄 Need more resources? Visit kellydholder.com