



10 minute reset — Do you need a 10 minute reset? Is there a time in the middle of the day when you feel exhausted, stressed, overwhelmed, distracted or uninspired? By giving yourself a 10-minute reset you're giving yourself connection and attention. You'll be able to see a huge difference in your performance throughout the rest of the day!

how to do the **TEN-MINUTE RESET**



*Feeling stuck, frustrated, or distracted?
Use this daily practice to get back on track.*

1. Set a timer for 10 minutes
2. Put down a yoga mat or blanket
3. Listen to soothing music, a guided meditation, or nothing at all
4. Give yourself 10 minutes of undivided attention with no expectations
5. Finish your day with more energy, patience, and grace

THE PROGRESS PROJECT

Health Solutions Support Systems Available in Pueblo

**Are you feeling
overwhelmed with anxiety,
fear and uncertainty?**

Give Health Solutions a call. Our phones lines are open 24/7/365.

VISIT

Health Solutions
Crisis Living Room
1310 Chinook Ln.
Pueblo, CO 81001

CALL

Health Solutions
Crisis Services
719.545.2746



STATE HOTLINE

Colorado Crisis Services
1.844.493.8255

OR TEXT

Colorado Crisis Services, text
TALK to 38255

**Visit our website for more tips on stress relief:
www.Health.Solutions**