

# 100 Ways to Reset When Parenting Is Hard

## Quick Resets (Under 2 Minutes)

- ☐ Sigh loudly, three times
- ☐ Cold water on your face or wrists
- ☐ Hold an ice cube
- ☐ 4-7-8 breathing
- ☐ Repeat a calming affirmation
- ☐ Do the 5-4-3-2-1 sensory grounding technique
- ☐ Smell citrus or peppermint
- ☐ Do jumping jacks for 30 seconds
- ☐ Look at a photo of someone you love
- ☐ Hug yourself tightly

## Sensory Soothers

- ☐ Use a calming essential oil (lavender, chamomile)
- ☐ Light a candle and watch the flame
- ☐ Rub a soft fabric or textured object
- ☐ Drink herbal tea slowly
- ☐ Listen to rain or ocean sounds
- ☐ Use a weighted blanket
- ☐ Take a warm shower in dim light
- ☐ Chew crunchy food mindfully
- ☐ Brush your skin with a dry brush
- ☐ Do a '5-sense reset' (intentionally activate each sense)

## Breath & Body Techniques

- ☐ Deep diaphragmatic (belly) breathing
- ☐ Box breathing (4-4-4-4 pattern)
- ☐ Progressive muscle relaxation
- ☐ Rock your body gently
- ☐ Lie in constructive rest position
- ☐ Alternate nostril breathing
- ☐ Stretch slowly
- ☐ Do a short yoga pose
- ☐ Tap your collarbones or temples (tapping/EFT)
- ☐ Try humming or chanting

## Nature & Grounding

- ☐ Walk barefoot on grass
- ☐ Lie in the sun
- ☐ Hug a tree
- ☐ Watch clouds or stars
- ☐ Listen to birds or nature
- ☐ Touch leaves or flowers
- ☐ Sit on the ground and breathe
- ☐ Go for a walk somewhere scenic
- ☐ Collect stones or shells mindfully
- ☐ Garden or water plants

## Connection Tools

- ☐ Get honest about how hard this is
- ☐ Hug someone else for 20+ seconds
- ☐ Make eye contact with someone safe
- ☐ Remind yourself that you are a devoted parent
- ☐ Snuggle a dog, cat, or with a blanket
- ☐ Write a thank-you message to yourself
- ☐ Sit quietly with someone you trust
- ☐ Ask for a back rub or do self-massage
- ☐ Make a coffee date
- ☐ Volunteer or help someone else (it can always be worse)

## Reflection & Mindfulness

- ☐ Journal your thoughts freely
- ☐ Write out your worries and rip the paper
- ☐ Label your emotions
- ☐ List three things you're grateful for
- ☐ Guided meditation
- ☐ Loving-kindness meditation
- ☐ Visualize a peaceful place
- ☐ Doodle your mood
- ☐ Pray or read a devotional
- ☐ Do a body scan meditation

## Movement & Physical Reset

- ☐ Go for a brisk walk
- ☐ Sprint for 30 seconds
- ☐ Swim or float (or even just hop in the shower)
- ☐ Climb stairs mindfully
- ☐ Jump rope or rebound
- ☐ Push against a wall (isometric grounding)
- ☐ Dance slowly
- ☐ Shadow box or shake your limbs
- ☐ Try tai chi or qi gong
- ☐ Wall sit or plank for 30 seconds

## Lifestyle Choices Promoting Balance

- ☐ Go to bed early tonight
- ☐ Reduce screen time
- ☐ Cut back on caffeine or sugar
- ☐ Drink mineral-rich water
- ☐ Eat protein and healthy fats
- ☐ Take a nap (20-30 minutes max)
- ☐ Schedule white space on your calendar
- ☐ Curate a laugh list of things that have sparked joy
- ☐ Let yourself cry
- ☐ Skip doomscrolling today

## Creative + Expressive Outlets

- ☐ Make a playlist that matches your mood
- ☐ Scribble wildly on paper for 30 seconds
- ☐ Craft with soothing, repetitive motion like knitting
- ☐ Write a 6-word story about today
- ☐ Build something small like a Lego creation
- ☐ Draw an abstract version of how your body feels
- ☐ Make a collage from old magazines or photos
- ☐ Try adult coloring with soft music
- ☐ Create a calming corner with soft light and texture
- ☐ Write a short letter to your future self

## Relational Tools That Regulate

- ☐ Phone a bestie and talk it out
- ☐ Say out loud: "This is hard. I can handle hard things."
- ☐ Let someone else lead--delegation for regulation
- ☐ Read a self-leadership article, post, or book
- ☐ Consider a "timeout, erase, start over"
- ☐ Remember your successes
- ☐ Remember this moment is not forever
- ☐ Pretend you're advising someone else: what do you advise?
- ☐ Do a safety check to remind yourself that you're okay\*
- ☐ Sit in silence and acceptance because this sh!t is hard

*For your consideration: 100 time-tested ways to care for yourself. Don't try to do all of them. Most importantly: make sure you are getting the support you need and deserve when parenting takes a toll. \*Seek the guidance of a trained professional for long-term strategies. Do not hesitate to get help in a crisis, including by calling 211 in the United States.*