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GUIDE

Mind & Body Reset

10-Day Wellness & Recovery Plan

SELF-PACED PDF COURSE

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Mind & Body Reset

10-Day Wellness & Recovery Plan

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This guide is for educational purposes only and is not medical advice. It does not diagnose, treat or replace care from a qualified health professional. Talk to your doctor before you change any treatment, medication or care plan, and get help promptly for any symptom that worries you.

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How to Use This Guide

This guide is for people who are running on empty. You are not ill, exactly, but you are tired in a way that one good night does not fix. You skip meals and then graze at 10 pm, coffee carries your afternoons, your body feels stiff and heavy, and even on a day off your mind keeps working. You may have started to wonder whether you are burned out.

Over the next ten days you will rebuild the basic rhythm that a stretched life wears away: regular food, daily movement, steady sleep and real mental rest. Nothing is extreme: no fasting, no juice cleanse, no punishing workout and nothing to buy. The reset gives your body and mind the conditions they need to recover, one small step at a time, and shows you which steps make the biggest difference for you.

The four strands

Every day of the reset has four short actions, one from each strand:

Strand	What it covers	Examples
Nourish	Food and drink	Regular meals, water, protein and fiber, a caffeine curfew, an alcohol pause
Move	Gentle, mindful movement	Short walks, breaking up sitting, mobility, basic strength, time in nature
Sleep	Rhythm and rest	A fixed wake time, morning light, a wind-down hour, a calmer bedroom
Renew	Emotional renewal	Emptying your head, switching off from work, slow breathing, connection, saying no

The strands support each other: a morning walk gives your body clock daylight, and regular meals shrink the afternoon slump, which makes late coffee less tempting and protects your sleep. That is why the reset works on all four at once.

How each day works

Each Day chapter takes about 15 minutes to read: why each action works, numbered steps, a short example and an exercise. Most actions fit inside things you already do (meals, your commute, your evening), so the reset adds roughly 30 to 60 minutes of new activity a day, much of it walking.

The reset is cumulative. You keep earlier actions running as you add new ones, so by Day 10 you are living a complete recovery routine. Then you choose which parts to keep for good.

The examples follow three people through the ten days: Claire, a project lead with two children; Omar, a self-employed designer; and Grace, who works part-time and cares for her mother. They are fictional composites written to show the method in action, not real customers or testimonials.

Your companion planner

The **Mind & Body Reset Planner** holds a checklist for each day, an energy and mood tracker, midpoint and final reviews, and your after-reset plan. Rating your energy, mood, stress and sleep each evening takes under a minute and is the best way to see what is actually helping, because memory is unreliable when you are tired.

What to expect

Many people notice something within the first few days: fewer afternoon crashes, falling asleep more easily, a calmer evening. A settled body clock and steadier mood usually take one to three weeks of keeping the routine going. Some days will feel harder, especially while you cut back on caffeine or alcohol.

Ten days will not fix everything, and it would be dishonest to promise that. If your exhaustion comes from an unsustainable workload, an illness or depression, a reset can help you feel better and think more clearly, but the cause still needs attention. Chapter 1 helps you tell these situations apart.

CHAPTER 1

01

Running on Empty: Stress, Exhaustion and Burnout

Before you change anything, it helps to understand what has happened to your energy, and to make sure a reset is the right tool. This chapter explains how stress and recovery work, what burnout is (and is not), and when you need a doctor or time off rather than, or as well as, a ten-day plan.

Stress is not the enemy; missing recovery is

The stress response is useful. Faced with a deadline, a crying baby or a hard conversation, your body releases adrenaline and cortisol and mobilizes energy so you can act. It is designed to switch on, do its job and switch off again.

Problems start when it rarely switches off. Long hours, an inbox that follows you home, short sleep, skipped meals and no time for yourself keep the system running for weeks or months. The neuroscientist Bruce McEwen called the cumulative wear and tear "allostatic load." In everyday terms, you keep spending energy without making deposits.

Recovery is the deposit side. Sleep, food, movement, daylight and time with people restore the body. The mind needs its own recovery too. Work psychologists Sabine Sonnentag and Charlotte Fritz describe four "recovery experiences" that help people bounce back from demanding work:

- **Psychological detachment:** mentally switching off from work, not just being physically away from it.
- **Relaxation:** low-effort, calming activity.
- **Mastery:** absorbing, mildly challenging activities outside work that build a skill or give a sense of progress.

- **Control:** choosing for yourself how to spend your free time.

Research on these experiences links them with less exhaustion and better well-being. They are built into the Renew strand of this reset, from the shutdown ritual on Day 4 to the restoring activity on Day 9.

What burnout is

"Burnout" gets used for every kind of tiredness, but it has a specific meaning. The World Health Organization's classification of diseases (ICD-11) describes it as a syndrome resulting from chronic workplace stress that has not been successfully managed, with three dimensions:

1. **Exhaustion:** feeling depleted, drained and low on energy.
2. **Mental distance:** feeling cynical, negative or detached about your work.
3. **Reduced efficacy:** feeling less effective and less able to achieve things.

Two points matter. First, the WHO classes burnout as an occupational phenomenon, not as a medical condition in its own right. Second, it builds over months. One awful week is not burnout.

The idea comes largely from psychologist Christina Maslach, whose research with Michael Leiter points to six areas where a mismatch between a person and their work tends to drive burnout: **workload**, **control** (how much say you have), **reward**, **community** (relationships at work), **fairness** and **values**. Most of these are features of the job, not of the person.

Researchers also study similar patterns in unpaid roles, such as parental and caregiver burnout. If you care for a child with high needs or a parent with dementia, everything in this guide applies to you.

Tired, burned out, depressed or unwell?

Exhaustion has many possible causes, and some of them need more than lifestyle changes. Use this table as a rough guide, not a diagnosis.

What you notice	What it may point to	What to do
Tired after a hard stretch, better after a weekend or a few good nights	Ordinary fatigue and stress	This reset is a good fit
Exhausted, cynical about work, less effective, but still able to enjoy things away from work	Possible burnout	The reset, plus changes to the source (see “After the Reset”); see a doctor if it is not lifting
Low mood or loss of interest in almost everything, most days, for two weeks or more	Possible depression	See a doctor or therapist; the reset can support treatment, not replace it
Exhaustion with physical signs, or that does not improve with rest	A possible medical cause, such as anemia, an underactive thyroid, diabetes, sleep apnea or a medication side effect	See a doctor and ask whether blood tests are needed
Even light activity leaves you much worse a day or two later	Possible post-exertional malaise, a feature of ME/CFS and of some long COVID	See a doctor before increasing activity; pace yourself rather than pushing through

Burnout and depression overlap a great deal, and researchers still debate how distinct they are. The practical lesson: if you are unsure, get checked. A treatable cause of tiredness is good news.

⚠ CAUTION

See a doctor (and do the reset alongside only if they agree) if you have

- Exhaustion that has lasted several weeks and does not lift with rest.
- Unexplained weight loss, fever, night sweats, new breathlessness, chest pain, palpitations or fainting.
- Loud snoring with gasping or pauses in breathing, or you fall asleep while driving.
- Low mood, hopelessness or loss of interest most days for two weeks or more.
- A reliance on alcohol, sleeping pills or other substances to get through your days or nights.

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PLANNER

Mind & Body Reset Planner

Daily Reset Checklists, Energy and Mood Tracker and After-Reset Plan

COMPANION TO MIND & BODY RESET

INSIDE THIS PLANNER

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PART 1

Energy and Mood Tracker

1

One line each evening, starting with one to three baseline days before Day 1. Rate 1 to 10 as described in “How to Use This Planner,” then note minutes outdoors, alcoholic drinks and the time of your last caffeine. Look for pairs: do sleep ratings rise on days with no drinks or an earlier last coffee?

Daily ratings and habit notes

	Energy	Mood	Stress	Sleep quality	Hours slept	Minutes outdoors	Drinks	Last caffeine
Baseline 1								
Baseline 2								
Baseline 3								
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								
Day 8								
Day 9								
Day 10								