

Discover quick resets to recharge your mood and energy with mindful movement and mini-breaks, no full routine needed.

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Gladly



## 5-for-5 Pause

Use a 5-minute pause strategy to feel grounded and clear, anytime, anywhere during your busy day.



### Gentle Movements

Release tension and boost your mood with gentle movements. No gym is needed, just intention to participate.



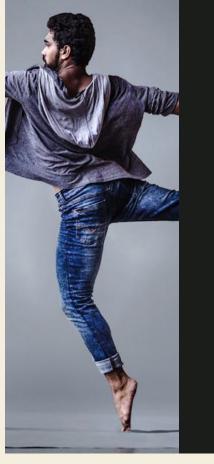
**Deep Breath** 

Start with a deep breath to center yourself. It's a small step towards calm and self-care.



# Walk Around

Take a walk to refresh your mind. Even a short walk around the car can make a difference.



## **Dance Break**

Put on a song that gets you dancing. Return to yourself with joy and energy through movement.

