

Explore Your Reset

- Take a walk somewhere with water nearby
- Visit a park you've never explored
- Plan a slow breakfast or lunch alone
- Spend an hour in a bookstore or library
- Take a scenic drive with no errands attached
- Find a quiet coffee shop and stay awhile
- Visit a botanical garden or museum
- Pack a simple picnic and leave your phone alone
- Book a local hotel night or staycation
- Watch the sunset somewhere different
- Try a spa, sauna, or massage day
- Explore a nearby town for a few hours