

## Mid-Year Reset:

# Mental Health & New Beginnings

June is more than the sixth month — it's a natural checkpoint. Half the year has passed, and many of us are quietly tallying goals, to-dos, and expectations we haven't met. That mental pressure? It's real.



This month is your permission slip to reset — not to hustle harder, but to breathe, reflect, and redirect your energy. A fresh start doesn't need a new year. It only needs a moment of awareness — and June gives you just that.

### 4 Ways to Refresh Your Mind This Month

#### 01 Pause Without Panic

Not where you thought you'd be? That's okay. Progress isn't always linear. Growth can be quiet, subtle, and still meaningful.

#### 02 Do a Mental Declutter

Write down what's been weighing on you — then circle only what truly matters. Let go of the rest.

#### 03 Start Something Small

Forget the pressure to overhaul everything. One small shift — a new habit, a changed mindset — can reset your direction.

#### 04 Celebrate Quiet Wins

You've made it halfway through the year. That's a win in itself. Honor what you have done, even if no one else noticed.

### TIPS

#### 1) Create a "Done" List

Instead of what's left to do, write down what you've already done. Gratitude reframes everything.

#### 2) Take a Break from Self-Pressure

You are not behind. You're living, learning, and adjusting. That's exactly what mid-year resets are for.

## Your Mid-Year Check-In Checklist

Take 10 minutes. Breathe deep. Reflect.  
This isn't about pressure — it's about reconnection.

### • Mind:

- ☐ What thoughts or worries have been repeating lately?
- ☐ Have I made space for rest, joy, or quiet in the past week?
- ☐ Is there a belief or expectation I've outgrown?

### • Body:

- ☐ Am I sleeping enough and waking rested?
- ☐ Have I been moving my body in ways that feel good?
- ☐ What does my body need more (or less) of right now?

### • Emotions:

- ☐ What emotions have been most present recently?
- ☐ When was the last time I felt genuinely calm or happy?
- ☐ Is there someone I need to talk to or reach out to?

### • Habits & Environment:

- ☐ What habit has been helping me lately?
- ☐ What habit is quietly draining me?
- ☐ Is there a space I can declutter or refresh this week?

### • Reframe & Restart:

- ☐ What can I release from the first half of the year?
- ☐ What do I want to bring more of into the next 6 months?
- ☐ What's one small act of care I can do for myself today?

**Without pause, the mind gets cluttered — with judgment, self-doubt, and comparison. Taking time to reflect restores clarity and helps your brain reprioritize.**

**Mental resets reduce cortisol, improve sleep, and make it easier to emotionally regulate. The result? A calmer nervous system and renewed energy for the second half of the year.**

