



Salt + Soil

ROOTED RESET CHECKLIST

Nourish your nervous system and ease everyday stress with these supportive practices.

- ☐ Slow down + extend you exhales
- ☐ Pause for a 5-minute stretch break
- ☐ Breath fresh air in a natural space
- ☐ Lay flat and rest your legs up a wall
- ☐ Place one hand on your heart + one on your belly
- ☐ Stay grounded + root through bare feet
- ☐ Offer yourself a gentle face massage
- ☐ Repeat a calming affirmation or mantra

Remember, regulation isn't a punishment,
it's how we connect back to peace.