



Salt + Soil

# A Gentle Reset

## 3- DAY WELLNESS RHYTHM

### Day 1: Ground

- Begin your day with deep breathing.
- Allow yourself to slow down through mindful eating.
- Take a slow nature walk to connect with the earth.

### Day 2: Cleanse

- Drink water or herbal tea to nourish your body.
- Eat light and simple (fruit, veggies, broth)
- Release the old through a gentle journaling session

### Day 3: Rebalance

- Start your day with a gentle stretch.
- Make time for a restorative nap or grounding ritual before bed.
- Ease back into everyday life with a nourishing meal.

