

THE 5-MINUTE MIND RESET

♥ A Voguegenics Moment of Clarity

Feeling frazzled? This reset is your glam escape route. In five minutes or less, this simple ritual re-centers your mind, cools the chaos, and helps you glow up from the inside out.

The Reset Ritual

PAUSE + BREATHE:

Inhale slowly for 4 counts. Hold for 4. Exhale for 4. Repeat 3x — eyes closed, jaw unclenched.

01.

GROUND YOURSELF:

Touch something near you. Notice the texture. Say aloud: “I am safe. I am steady. I am present.”

02.

REFRAME YOUR THOUGHT:

Take the negative thought, flip it.

☞ “I can’t handle this” → “I’ve done harder things.”

03.

POWER PROMPT:

Finish this sentence:

“Right now, what I need most is _____.”

04.

GLOW AFFIRMATION:

“My peace is my power. And it’s not up for negotiation.”

05.

✨ **Take this reset with you. Use it anywhere:**
in your car, the office bathroom, or mid-scroll meltdown.
Your glow deserves protection.

🌿 Find more self-care tools at: www.voguegenics.com