Reboot *Your* Brain
COUNSELING & COACHING

REBOOT YOUR BRAIN

The 7-Day Reboot

A Guided Reset for Overwhelm, Burnout & Feeling Stuck

Seven days of reflection, regulation, self-care and realistic next steps.

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Reboot Your Brain Counseling & Coaching

A NOTE FROM DR. LIZA

Welcome to Your Reboot

You do not need to overhaul your entire life in seven days. This guided reset is designed to help you slow down, notice what is draining you, practice one supportive skill each day, and decide what deserves your attention next.

Use these pages imperfectly. Skip what does not fit. Write a sentence or fill a page. The goal is not performance - it is awareness, regulation, and one realistic step at a time.

HOW TO USE THE NEXT SEVEN DAYS

1. **Check in honestly**
   Rate your stress, energy, mood, and sleep without judging the number.
2. **Practice one skill**
   Each day includes one brief self-care or regulation skill.
3. **Reflect, do not perform**
   Notice what is true. You do not need the perfect answer.
4. **Choose one next step**
   At the end, keep what helped and leave what did not.

Start where you are. That is enough.

BEFORE YOU BEGIN

Where Am I Right Now?

This page is a snapshot, not a scorecard. Circle what feels closest today.

BASELINE - CIRCLE A NUMBER

STRESS	ENERGY	MOOD	SLEEP
0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10

What feels heaviest right now?

What is taking the most energy from me?

What am I avoiding, postponing, or carrying alone?

What do I wish felt different one week from now?

ONE INTENTION FOR THIS WEEK

If this week could give me one thing, I hope it gives me...

UNDERSTAND - REBUILD - LIVE DIFFERENTLY

The Reboot Method

The Reboot Method is a simple way to move from awareness into action. You will use it throughout this guide.

01

UNDERSTAND THE PATTERN

Notice what repeats, what triggers it, and what it costs you.

02

REBUILD THE RESPONSE

Try a different boundary, coping skill, conversation, routine, or choice.

03

LIVE DIFFERENTLY

Repeat the new response long enough that it begins to feel more natural and aligned.

KEEP THIS QUESTION NEARBY

What am I noticing, what response do I want to rebuild, and what would living differently look like in one small way?

THE 7-DAY REBOOT

Day 1: Pause & Reset

TODAY'S FOCUS

Today is about lowering the pressure. You do not have to solve the entire week. Start by giving your nervous system a little more room.

SELF-CARE SKILL

4-6 Breathing

- Inhale gently through your nose for a count of 4.
- Exhale slowly for a count of 6.
- Repeat for 6 rounds. Let the exhale stay easy, not forced.

SELF-CARE ACTION

Give yourself 20 minutes today with no productivity goal. Sit outside, shower slowly, listen to music, stretch, or simply do less.

QUICK CHECK-IN - CIRCLE A NUMBER

STRESS	ENERGY	MOOD	SLEEP
0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10

DAILY REFLECTION

What feels heaviest right now?

What actually needs my attention first?

Small is still movement.

THE 7-DAY REBOOT

Day 2: Notice the Pattern

TODAY'S FOCUS

Today is about observation. Instead of asking, "What is wrong with me?" ask, "What keeps happening here?"

SELF-CARE SKILL

Trigger - Thought - Feeling - Response

- Name one trigger or situation that activated you.
- Write the first thought that showed up.
- Name the feeling and what you did next.
-

SELF-CARE ACTION

Reduce one unnecessary demand today. Delay it, delegate it, shorten it, or decide it can wait.

QUICK CHECK-IN - CIRCLE A NUMBER

STRESS	ENERGY	MOOD	SLEEP
0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10

DAILY REFLECTION

What situation keeps creating the same reaction for me?

What does this pattern seem to be protecting me from?

Awareness is information, not a verdict.

THE 7-DAY REBOOT

Day 3: Care for the Body Carrying You

TODAY'S FOCUS

Mental overload gets louder when basic physical needs are ignored. Today is about supporting the body that is carrying the stress.

SELF-CARE SKILL

The 5-Minute Body Reset

- Drink a glass of water slowly.
- Unclench your jaw and drop your shoulders.
- Take 10 slow breaths, then move or stretch for 2 minutes.

SELF-CARE ACTION

Choose one body-based act of care: a nourishing meal, hydration, a walk, stretching, medication routine, or an earlier bedtime.

QUICK CHECK-IN - CIRCLE A NUMBER

STRESS	ENERGY	MOOD	SLEEP
0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10

DAILY REFLECTION

What has my body been trying to tell me?

Which basic need have I been postponing?

Regulation often starts with something ordinary.

THE 7-DAY REBOOT

Day 4: Protect Your Energy

TODAY'S FOCUS

Burnout is not only about how much you do. It is also about where your energy leaks through automatic yeses, overexplaining, and carrying what belongs to someone else.

SELF-CARE SKILL

The Boundary Pause

- Before answering a request, pause.
- Ask: Do I have the time, energy, and willingness for this?
- Use: "Let me check and get back to you" instead of answering automatically.
-

SELF-CARE ACTION

Say no, delay an answer, delegate, or ask for help one time today.

QUICK CHECK-IN - CIRCLE A NUMBER

STRESS	ENERGY	MOOD	SLEEP
0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10

DAILY REFLECTION

Where am I overgiving or overfunctioning?

What boundary would create even 10% more breathing room?

A boundary is information about what you can and cannot carry.

THE 7-DAY REBOOT

Day 5: Reconnect With Yourself

TODAY'S FOCUS

You are more than what you produce, fix, manage, or provide for other people. Today is about remembering what makes you feel like you.

SELF-CARE SKILL

Pleasant Activity Scheduling

- Choose one activity you used to enjoy or have been curious about.
- Make it small enough to actually happen today.
- Do it without requiring it to become useful, productive, or impressive.
-

SELF-CARE ACTION

Spend at least 30 minutes doing something because you enjoy it - not because it accomplishes something.

QUICK CHECK-IN - CIRCLE A NUMBER

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0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10

DAILY REFLECTION

What did I enjoy before life became so busy?

What part of myself would I like to make room for again?

Enjoyment does not have to be earned.

THE 7-DAY REBOOT

Day 6: Connect Without Performing

TODAY'S FOCUS

Support is different from being surrounded by people. Today is about one relationship where you can be a little more honest and a little less performative.

SELF-CARE SKILL

Intentional Connection

- Choose one safe person.
- Share one honest sentence about how you are doing.
- Ask for listening, company, or a specific kind of help if you need it.
-

SELF-CARE ACTION

Text, call, meet, or spend intentional time with someone who helps you feel more like yourself.

QUICK CHECK-IN - CIRCLE A NUMBER

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0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10	0 1 2 3 4 5 6 7 8 9 10

DAILY REFLECTION

Who helps me feel like I do not have to perform?

What would I like to ask for instead of hoping someone notices?

Connection can be simple and specific.

THE 7-DAY REBOOT

Day 7: Decide What Comes Next

TODAY'S FOCUS

Today is not about becoming a new person. It is about noticing what this week taught you and choosing one response you want to keep practicing.

SELF-CARE SKILL

The Reboot Review

- Understand: name one pattern that became clearer.
- Rebuild: name one response or skill you want to practice.
- Live differently: choose one realistic action for the next seven days.

SELF-CARE ACTION

Create one small commitment you can repeat next week. Make it specific enough to know whether you did it.

QUICK CHECK-IN - CIRCLE A NUMBER

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DAILY REFLECTION

What did I learn about myself this week?

What do I want to carry forward - and what am I ready to stop carrying?

Keep the next step realistic enough to repeat.

LOOK FOR PATTERNS, NOT PERFECTION

Your Week at a Glance

Use this page to compare the week. You are looking for trends, not a perfect upward line.

DAY	STRESS	ENERGY	MOOD	SLEEP	ONE WORD
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Which day felt most regulated? What was different?

Which day felt hardest? What was happening around me?

What pattern do I see across sleep, energy, mood, and stress?

WHAT THE WEEK REVEALED

Deeper Reflection

The pattern I understand better now is...

The response I want to rebuild is...

One thing that drained me more than I realized was...

One thing that helped more than I expected was...

A boundary that needs more attention is...

Something I want to give myself permission to do is...

CHOOSE WHAT ACTUALLY FITS YOU

Build Your Self-Care Menu

Self-care works better when it is specific. Circle or add options you could realistically use on a hard day.

BODY

- ☐ Water or nourishing food
- ☐ Shower or bath
- ☐ Stretching or walking
- ☐ Earlier bedtime

MIND

- ☐ Brain dump
- ☐ Read something calming
- ☐ Reduce notifications
- ☐ Short guided meditation

SPACE

- ☐ Clear one surface
- ☐ Fresh sheets
- ☐ Open a window
- ☐ Dim lights / reduce noise

CONNECTION

- ☐ Text a safe person
- ☐ Ask for help
- ☐ Spend time with a pet
- ☐ Plan low-pressure connection

JOY

- ☐ Music
- ☐ Creative activity
- ☐ Nature
- ☐ Hobby from childhood

MY GO-TO SELF-CARE CHOICES

PROTECT YOUR ENERGY WITH CLARITY

The Boundary Check

Use this page when you notice resentment, dread, guilt, or the sense that you are carrying too much.

What is being asked of me?

What do I actually have capacity for?

What am I afraid will happen if I say no or ask for something different?

What would a respectful boundary sound like?

TRY ONE OF THESE PHRASES

"Let me check before I commit." "I can do X, but I cannot do Y." "That does not work for me." "I need more time before I answer."

KEEP THE ONES THAT HELPED

Your Reboot Skills

☐	**4-6 breathing**	Slow exhale for nervous-system downshifting.
☐	**Pattern map**	Trigger - thought - feeling - response.
☐	**5-minute body reset**	Water, unclench, breathe, move.
☐	**Boundary pause**	Check capacity before saying yes.
☐	**Pleasant activity**	Schedule enjoyment without productivity.
☐	**Intentional connection**	Ask one safe person for specific support.
☐	**Reboot review**	Understand - Rebuild - Live differently.

THE SKILL I WANT TO KEEP PRACTICING

MAKE THE RESET REPEATABLE

Your Next Seven Days

Choose one small commitment. If the plan depends on perfect motivation, it is probably too big.

One pattern I want to notice sooner

One response I want to practice instead

One self-care action I will repeat

One boundary I will protect

One person I will stay connected with

MY REALISTIC COMMITMENT

For the next seven days, I will...

A FINAL REFLECTION

Your Next Reboot

UNDERSTAND
One pattern I understand better:

REBUILD
One response I want to rebuild:

LIVE DIFFERENTLY
One small way I want to live differently this week:

Clarity for where you are. Tools for where you are going.

You can return to this guide whenever life starts to feel crowded again. A reboot is not starting over. It is creating enough space to notice what is happening and choose what comes next.

Educational resource only. This guide is not a substitute for individualized mental health care.

If you are in immediate danger or experiencing a mental health emergency in the U.S., call 911 or 988.