

Printable RESET Tool Card

INSTRUCTIONS:

1. Cut along dotted lines
2. Post many places to create visual reminders
 - Home - on the fridge!
 - Work - on your computer!
 - Car - on the visor!



Step 1: Reset

Turn off the faucet



Step 2: Release

Drain the tub



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Taken from: Burnout REimagined



Read
Count to 10
Take a Time Out
Listen to Music
Breathing
Prayer
Serenity Prayer
Guided Imagery
Meditate
Shower or Bath
Aromatherapy
+ Self Talk

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Walk
Talk
Write / Dump
Sing / Dance
Clean
Exercise
Coloring
Punching Bag
Hobbies
Laughter
Gardening
Ho, Ho, Ha, Ha

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