

From Fog to Focus

When your mind feels foggy, the goal isn't to push harder—it's to reset. Clarity comes from small, consistent shifts in how you care for your mind and body.

Choose Your Reset Focus

Choose 1-2 areas to focus on this week

Digital Reset

- I will create a 30-minute "no screen" window before bed
- I will wait 30 minutes after waking before checking my phone

Physical Reset

- I will drink water consistently throughout the day
- I will prioritize a consistent sleep schedule

Connection Reset

- I will have one meaningful, non-work conversation each day
- I will step away from my desk to connect with someone

Mental Reset

- I will pause when I feel overwhelmed instead of pushing through
- I will take 3 slow breaths before reacting

My focus this week: _____

Make It Real

Turn your reset into a simple plan

When will I do this?

What might get in the way?

What is one small way I can stay consistent?

Reflection

Go over these questions at the end of each day or week

When did I feel the most mental fog, and what was happening around me at the time?

What helped me reset, even a little?

Did I tend to over-function or under-function?

What do I want to carry into next week?

You don't need to do everything at once. Just return to your next small, steady step.

Finding clarity can be a challenge but you don't have to go it alone. Your EAP covers confidential counseling at **no cost to you.**


CROSSWINDS

Schedule your appointment today
Call 877-594-9204
crosswindscounseling.org/self-schedule