15-Minute Reset Routines

Quick routines for busy clinicians to restore energy, focus, and calm.

How to use this guide

Pick one routine for the morning, one for mid-day, and one for evening. Use them exactly as written for a week. After seven days, keep the steps that worked and tweak one small element.

Tip: Pair each routine with a boundary micro-script so your time stays protected.

Morning Reset (5-7 minutes): Energize & Orient

- Breath ramp (1 min): Inhale 4 counts, exhale 6 counts × 10 breaths.
- Micro-mobility (2 min): neck roll × 2, shoulder circles × 5 each, hip hinge × 10, ankle rolls × 5 each.
- Focus sentence (1 min): Write one line: *'If I only do one thing today, it's ___.'*
- Plan pulse (1–2 min): Open calendar; timebox the 'one thing' for a 25–45 min block.
- Boundary script (10 sec): *'I can start that after 2 PM. Does that timing work?'*

Mid-Day Reset (4-6 minutes): Clear & Refocus

- Change state (2 min): Stand, walk to a different spot, widen your visual field for 30 seconds.
- Tension sweep (90 sec): unclench jaw, drop shoulders, soften belly, unclasp hands, relax feet.
- Two-line check-in (60 sec): What drained me? What matters next?
- Restart ritual (60 sec): Name the next task aloud and start a 3-minute 'just begin' timer.

Evening Reset (5–10 minutes): Downshift & Close Loops

- Write 'done list' (1 min): 3 things you completed. Let your brain see the wins.
- Two-minute tidy: Clear desk or digital desktop to 'neutral'.
- Tomorrow seed (2–3 min): jot the first 3 steps for tomorrow's 'one thing'.
- Device dim (2 min): reduce brightness; set a no-scroll window for the next 60 minutes.
- Boundary script (10 sec): *'I'm signing off now so I can be fresh tomorrow.'*

Weekly Tracker (check one box per day):

Morning	☐	☐	☐	☐	☐	☐	☐
Mid-Day	☐	☐	☐	☐	☐	☐	☐
Evening	☐	☐	☐	☐	☐	☐	☐

Enjoyed the **15-Minute Resets**? In 60 minutes, we can map a simple morning rhythm, a single weekly focus, and one boundary that protects your time. No pressure—just practical next steps.

Book your free Discovery Call: www.sunburstcoachingconsulting.com/book-a-call

P.S. If mornings feel messy, you're not failing—you're busy. Try one routine tomorrow and see how it feels. If you want help tailoring it, I'm a click away.

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