



RESET & REFLECT: HEALING FORWARD

Wellness Reset Resource

Small Shifts | Sustainable Healing | A Fresh Start

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My work in mental health is rooted in both lived experience and over a decade of professional practice across community mental health, school-based services, crisis intervention, residential treatment, private practice, and clinical supervision. Throughout my journey, I have supported individuals and clinicians in navigating change, healing, and growth, often at moments when they felt stuck or unsure of their next step.

This workbook was created as a starting point, not a destination. It is meant to ignite reflection, encourage curiosity, and invite you to begin digging beneath the surface in a way that feels manageable and compassionate. Growth does not happen all at once; it unfolds through awareness, intention, and consistent care. I share this work from years of experience witnessing how small, thoughtful shifts can create meaningful change over time. My hope is that this resource helps you slow down, listen inward, and nurture your own evolving process, one step at a time.

With Care,
Kevilynn



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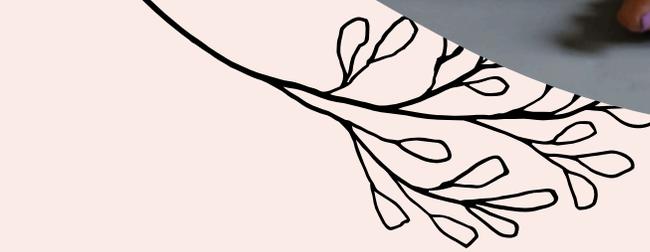


Release & Reset Worksheet

Let Go of What No Longer Serves You

Purpose:

Sometimes growth begins not with adding more, but with releasing what's been weighing you down. This exercise invites you to acknowledge what you're ready to let go of so you can move forward with greater clarity and intention.



Mind-Body Check-In

Pause. Notice. Reconnect.

Purpose:

Your body often communicates before your mind catches up. This brief check-in helps you slow down, notice what's present, and respond with care.

Check-In Prompts:

Right now, I notice...



In my body:



In my mind:



In my emotions:

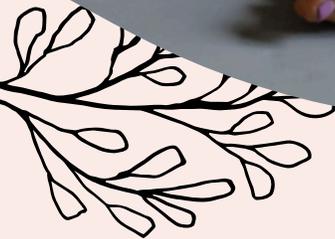
Gentle Reflection:

What might my body or emotions be asking for today?

A large, empty white rounded rectangle with soft corners, occupying the central portion of the page. It is intended for the user to write their reflection in response to the question above.

Reminder:

Awareness is not about fixing...it's about listening.



Intentional Reset Planner

One Week – One Focus

One Step at a Time

Purpose:

Wellness doesn't require an overhaul. Small, intentional actions create meaningful momentum over time.

This Week's Focus:

My primary wellness focus for this week is:

Choose 1–2 supportive actions:

(Keep it realistic and compassionate.)

- Move my body in a way that feels good
- Prioritize rest or better sleep
- Set or honor a boundary
- Nourish my body
- Reduce mental clutter
- Practice mindfulness or reflection
- Other: _____

What might get in the way?

How will I support myself if that happens?

Reminder:

Progress counts...even when it's imperfect.



Boundary Reflection Sheet

Protecting Your Energy Is Part of Healing

Purpose:

Boundaries are not walls, they are guidelines that protect your time, energy, and emotional wellbeing.

Reflection:

One area of my life where I need a clearer boundary is:

When this boundary is crossed, I tend to feel:

What I need more of in this area is:

Practice Statement:

A simple boundary I can practice is:

“I am not available for _____, and that’s okay.”

Reframe:

Setting boundaries is an act of self-respect, not selfishness.



Grounding Tools Cheat Sheet

Support for Overwhelming Moments

Purpose:

When stress or anxiety shows up, grounding techniques can help bring you back into the present moment.



Try One or More:

5-4-3-2-1 Grounding:

Name:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Breathing Reset:

Inhale for 4 → Hold for 4 → Exhale for 6

Repeat 3–5 times.

Body Reset:

Place your feet flat on the floor. Press them down gently.

Remind yourself: “I am here. I am safe in this moment.”



Continuing Your Wellness Journey

Wellness is not a destination; it's a practice. If you find yourself wanting additional support, guidance, or a space to explore your healing more deeply, professional support can be a powerful next step.

Reflections Counseling Group offers compassionate, client-centered mental health services designed to meet you where you are.

 Nashville, TN

 www.reflections-counseling.com

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