



Emotional Resilience Micro-Habit Framework

Emotional resilience isn't built during life's biggest challenges.
It's quietly strengthened through the small habits we practise every day.

Interrupt Stress Early

Use the Frictionless Reset breathing technique before pressure escalates

Clear Mental Clutter Daily

Spend five minutes externalising thoughts instead of carrying them internally

Rebalance Attention

Notice what is working well, not only what still needs fixing.

Prioritise Consistency Over Intensity

Small daily recovery habits outperform occasional dramatic resets over time.
