

5-10 MINUTE DEPRESSION CLEANING RESET

♥ SMALL STEPS. REAL RELIEF. ♥




When everything feels overwhelming, this quick reset can help. This is not about cleaning everything. It's about making your space feel a little easier to exist in.

STEP	TASK	DONE
1	 <p>2 MINUTES</p> <p>THROW AWAY VISIBLE TRASH</p> <p>Look around the room and throw away any visible trash.</p>	<input type="checkbox"/>
2	 <p>2 MINUTES</p> <p>GATHER DISHES INTO ONE PLACE</p> <p>Collect all dishes and put them in the sink, on the counter, or on a table.</p>	<input type="checkbox"/>
3	 <p>1 MINUTE</p> <p>CLEAR A SMALL WALKING PATH</p> <p>Remove items from the floor so you can walk safely through at least one path.</p>	<input type="checkbox"/>
★ STOP	 <p>STOP</p> <p>STOP WHEN THE TIMER ENDS</p> <p>You're done. Rest is productive. You did enough.</p>	<input type="checkbox"/>

Helpful Reminders


Partial progress still counts.






You do not need to finish everything.


Ignore deep cleaning for now.


The goal is relief, not perfection.


You can repeat the timer if you have more energy.

WHY THIS RESET HELPS

-  Reduces visual stress
-  Improves movement around the room
-  Creates a small sense of progress
-  Makes returning to cleaning easier later



One small reset can make a hard day feel more manageable.

♥ YOU ARE DOING ENOUGH.

Some progress is still progress. Be kind to yourself. ♥