

# 2021 - 2025 IMPACT SNAPSHOT



## RESET

### Community Wellbeing



#### CONSISTANT OUTCOMES

- Reduced stress and anxiety
- Improved emotional regulation
- Better sleep, mood and motivation
- Increased focus and clarity
- Practical accessible skills to use daily

[youthreset.com.au](http://youthreset.com.au)

#### RESET is

a body-breath-mind wellbeing framework  
proven to support  
nervous system regulation across ages,  
settings and delivery formats.

#### RESET Serves

Adults  
Parents and Families  
Youth, Teachers, Schools  
Community Groups  
Health Professionals

Calm • Clarity • Confidence

#### Why RESET Works

RESET teaches practical nervous-system regulation skills rather than abstract concepts. Strategies are embodied, accessible, trauma-informed and transferable into everyday life.

#### Professional Endorsement

Psychologists, teachers and wellbeing professionals consistently endorse RESET as effective, accessible and evidence-informed.

#### IMPACT Across Settings

- **Adults:** Restored energy, calm, grounded, sleep better, manage anxiety.
- **Parents:** Improved regulation and calmer family dynamics.
- **Youth:** Relaxation, emotional reset, stress relief, improved outlook.
- **Schools:** Improved engagement, focus and relationships.

