

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

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.

