

The Dad Energy Reset

(No Gym Required)

*A simple way to feel more steady, clear, and present —
without adding another demand to your day.*

BLH Labs



You're Not Lazy. You're Overloaded.

You're expected to be calm under pressure.

Available at all times.

The fixer. The planner. The provider.

When stress builds, it isn't loud.

It quietly drains your energy, patience, and focus.

This guide isn't about pushing harder.

It's about **resetting your system** so you can function better inside the life you already have.

What This Reset Is (and Isn't)

This is NOT:

- A workout plan
- A discipline challenge
- A productivity hack

This IS:

- A short reset you can do anywhere
- A way to stop running on fumes
- A foundation for better days

If you only do **one thing** from this guide —
you'll still get value.



The 8-Minute Dad Reset

Step 1: Sit (1 minute)

Feet flat on the floor.

Phone down.

Nothing to fix.

Step 2: Breathe (3 minutes)

In through your nose for **4 seconds**.

Out through your mouth for **6 seconds**.

This tells your body:

You're not under threat.

Step 3: Drop the Shoulders (2 minutes)

Slowly roll your shoulders back and down.

Most dads carry stress right here without realizing it.

Step 4: Mental Unload (2 minutes)

Ask yourself silently:

"What's one thing I don't need to carry today?"

No action required.

Just awareness.

That's it.

No sweat.

No gear.

No optimization.

Why This Actually Helps

Chronic stress keeps your body in a constant state of alert.
That drains energy — even when you're resting.

This reset helps by:

- Calming the nervous system
- Improving clarity and patience
- Reducing background tension

It doesn't solve everything.
It makes **everything easier to handle**.

How to Use This Without Overthinking It

- Once per day if possible
- Even **2–3 times per week** helps
- No guilt if you miss a day

Good times to use it:

- Before work
- After the kids go to bed
- When you feel foggy, tense, or short-tempered

If life feels chaotic —
that's exactly when this matters most.



You Don't Have to Carry This Alone

BLH Labs exists to help dads:

- Reduce stress

- Improve overall wellness
- Stay functional without burnout culture

You'll receive a few short emails with practical tools.

Nothing extreme.

Nothing salesy.

Just support that respects your reality.

BLH Labs

Practical wellness for real dads