



# 7 Tips to Reset

## After a Negative Pregnancy Test or Other Trigger

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You know those days... Here are some tips to get through them.

### Breathe

Literally, stop, breathe in, cry, scream if you can. Try not to avoid what you are feeling or push it away because it will come out eventually! Acknowledging what you are feeling is so important.

### Pray

I know it hurts and you just want to be mad right now, but take a minute Call on God and tell Him why it hurts so much. Acknowledge that it sucks because it does! Then lean into Him and all that He promises for us.

### Exercise

Yes, this is a dirty word for me too but, believe me, it helps. Whatever is your jam, do it and do it hard (safely). Exercise is such a good way to release tension and frustration! If you don't have a favorite way of exercising try taking a short walk.

### Take a Drive

I don't have a very long commute but this is one of my favorites. Take some roads you haven't taken before. Driving around has a way of occupying our mind yet allowing us to process how we are feeling. Talk to God, scream, cry, let it all out. This is your alone time. Pro Tip(s): Drive where there isn't much traffic or you'll just get frustrated again. Oh, and take your GPS!

### Journal

There is something so therapeutic to physically writing out what you are feeling. Take a few minutes to just dump everything out of your brain. This could be in an official notebook or journal, typed on your phone or desktop, or even just a plain old piece of paper. I recommend keeping it to look back on those feelings and see your growth, but you could also just tear the page up afterward. Whatever suits you mentally and helps you process!

### Jam to Your Favorite Music

Play all of your favorite songs and sing along! If you want, you can even dance around your house with your husband or a pet. All of it is such a good release: the movement, the vocalizing, and the distraction. So, fast or slow, worship or not, just jam!

### Take Care of Yourself

Treat yourself to your favorite something. Brew a cup of tea or pick up your favorite mocha chocha whatever. The warmth of the drink will help relax your nerves and muscles! OR do something to pamper yourself. Book a spa appointment for your favorite treatment or whip up a DIY scrub from raw sugar and your favorite essential oil to create the perfect exfoliator!

If you are looking for other women going through the same, Join our community [here](#).