



Brand Guidelines.

Rise Reset

– Reset your mind, one card
at a time.



Content.

Brand Guidelines

Content.

Introduction	_____	4
Rise Reset Logo	_____	10
Typography	_____	14
Colour Palette	_____	18
Activity Card	_____	22
Packaging	_____	26
App Design	_____	28
Poster Design	_____	32

Intro.



Welcome To **Rise Reset.**

This project is focused on creating a set of 30-day mental health activity cards designed to help individuals boost their mood and reduce stress through simple, everyday actions. Each card offers a quick, approachable task that takes just a few seconds to complete—no pressure, no complexity, just a gentle nudge toward self-care. Thoughtfully crafted with a clean, calming design, the cards are intended for a wide audience—students, professionals, parents, or anyone in need of a mental reset. No matter your age, background, or routine, these cards serve

as small daily reminders that taking care of your mind doesn't have to be complicated. We're a small team of creatives, mental wellness advocates, and everyday humans who believe in the power of small moments. Our mission is to make mental health care more approachable and accessible—one tiny action at a time. With a love for simplicity and thoughtful design, we've created these 30-day activity cards to bring gentle support, encouragement, and calm to anyone who might need a boost. No clinical jargon, no pressure—just real tools for real life.

Objectives & Goals

Promote Daily Mental Wellness



Encourage consistent, small-scale self-care habits that support emotional balance, stress relief, and overall mental well-being.

Simple & Accessible



Design easy, quick activities that anyone can do—no special tools, time, or energy required—making mental wellness approachable for all.

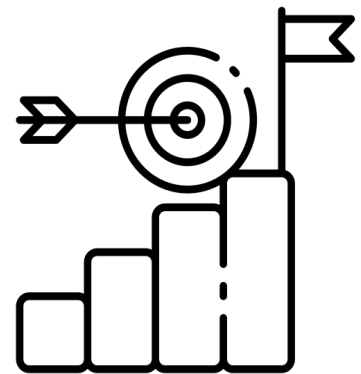
Design for Calm & Clarity



Use minimalist visuals, soft colors, and clear typography to create a soothing experience that reflects the peaceful intent of each activity.

Create a tool that's relatable and usable for a wide range of people—regardless of age—meeting users wherever they are on their mental health journey. The project's ultimate goal is to lower the barrier to self-care. Many people feel guilty or overwhelmed by the idea of "doing more." This tool re-frames mental health as something simple and manageable—making it easier to stick with. By focusing on universal human experiences—stress, emotional burnout, and the desire to feel better—the cards are designed for everyone. The language avoids technical or clinical terms, and the design avoids gendered or age-specific

cues, making it suitable for a wide range of users. The daily reveal of each card adds a layer of anticipation and engagement. Whether someone uses it in the morning to set the tone for the day or in the evening to unwind, the process becomes something to look forward to. The cards are designed for anyone seeking emotional support in their day-to-day life. This includes students, working professionals, parents, caregivers, and individuals navigating stress, anxiety, or burnout. The activities are intentionally accessible to people from all backgrounds and levels of mental health awareness.



Name

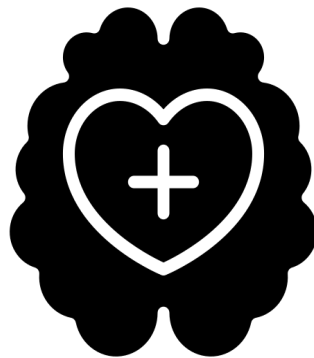
The name Rise Reset is a compelling brand name for a mental wellness product as it effectively conveys the essence of rejuvenation and personal growth. The word “Rise” suggests a sense of upliftment, progress, and starting anew, aligning with the idea of overcoming mental challenges and boosting daily well-being. “Reset” complements this by implying a fresh start, a mental reboot, and a return to balance, emphasizing the brand’s focus on helping users recalibrate and refresh their minds. Together, the alliterative structure makes it memorable and impactful, reinforcing a sense of continuity and rhythm that is both motivating and easy to recall.

**RISE
RESET**

Audience

Reset your mind, one card at a time.

The audience for Rise Reset encompasses individuals of all genders and age groups, targeting those seeking to improve their mental wellness, manage stress, and cultivate positive daily habits. From young adults and students managing academic stress to professionals needing quick mental resets during workdays, the brand caters to anyone looking to incorporate simple, accessible self-care practices into their routine. Additionally, parents, caregivers, and older adults can benefit from the easy-to-follow activities that fit seamlessly into busy lifestyles, making mental well-being achievable for everyone, regardless of their schedule or life stage.



Logotype.

Main Logo Style.

Vibrancy and Energy:

The bright yellow background immediately conveys positivity, energy, and uplift — exactly the feeling you want users to get from picking up a mental health activity card. Yellow is psychologically associated with happiness, optimism, and fresh starts — very in line with “Rise” and “Reset.”

Playful but Clear Font:

The chunky, bold, comic-style font feels non-threatening, youthful, and friendly, but it’s still very readable. Making mental health feel approachable.

Reset Symbolism (Background Stars & Shadow Palm):

The little sparkles/stars suggest a “fresh start” or something “magical happening” — reset energy.



Logo Options.

Flexibility for Different Moods:

Having multiple colour variations allow to use different colour-ways depending on context:

Beige/green = more calming/natural

Black/blue = serious and modern

Blue/yellow = energetic and youthful

Purple/green = bold and lively

Wide Appeal:

By offering variations, I've increasing inclusivity — some users might be drawn more to calm tones (beige/green) while others prefer energetic bursts (blue/yellow).

Keeps Core Elements Consistent:

Even with different colours, the font, layout, and iconography stay the same — keeping the brand instantly recognisable.



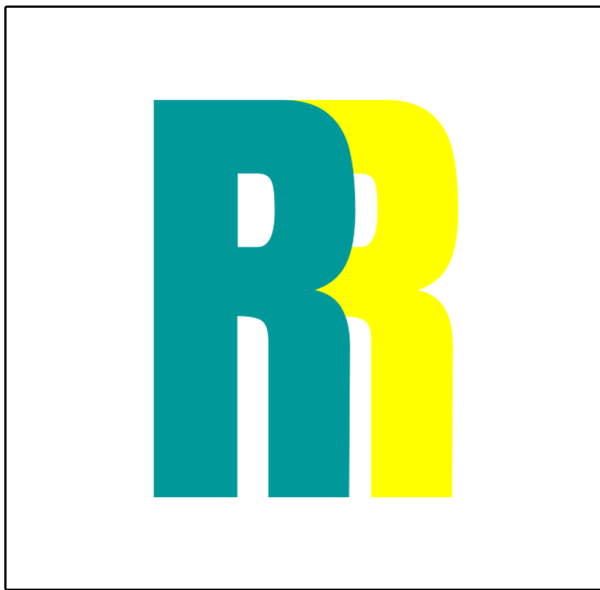
RR Icon Logo.

The shortened “RR” icon logo offers a compact and bold version of the full ‘RISE RESET’ branding. Designed for flexible use across digital and physical platforms, it captures the essence of the brand in a minimal, impactful form. The overlapping “R”s create a visual sense of unity and duality—echoing the idea of rising and resetting. Its abstract yet readable design allows it to serve as a standalone mark, ideal for social media profiles, app icons, packaging seals, or merchandise.

Usage:

Social Media Icons: Clean and eye-catching in a circle crop.

App Logo: Highly recognisable even at small sizes.



Logo Options.

This logo works effectively as an app icon due to its bold and easily recognizable overlapping “RR” design, which remains clear and impactful even at smaller sizes. The transition from square to circular format aligns with current app store icon standards, ensuring a polished and professional look across iOS and Android platforms. The use of high-contrast black and grey lettering against vibrant backgrounds like teal and yellow enhances visibility while also conveying different moods—calmness and positivity respectively—depending on the

version used. This flexibility in color allows the logo to appeal to a broad audience, regardless of age or gender, making it ideal for lifestyle, wellness, or educational apps. Overall, the design is simple, scalable, and visually strong, making it a fitting choice for an app logo.



Alfarn 2.

Primary Typeface Weights

Alfarn 2 is a strong and impactful font choice for the titles on the activity cards, perfectly complementing the bold and energetic personality of the RISE RESET brand. With its playful yet structured style, Alfarn 2 immediately draws attention without being overwhelming, making each activity title stand out clearly and memorably. Its slightly rounded and

dynamic letterforms create a sense of approachability and positivity, encouraging users to engage with the card in a lighthearted way. Alfarn 2 pairs well with the clean and simple instructions set in Acumin Pro, creating a balanced visual hierarchy that keeps the design organized and easy to navigate.

AaBbCc

Regular.

**AaBbCcDdEeFfGgHhIiJjK LlMmNnOo
PpQqRrSsTtUuVvWwXxYyZz
0123456789 [& ? ! , / ; : - _ * "]**

Acumin Pro.

Secondary Typeface Weights

AaBbCcDd
EeFfGg
HhIi0123456789
(+;%@*)

Regular.

AaBbCcDdEeFfGgHhIiJk LlMmNnOo
PpQqRrSsTtUuVvWwXxYyZz
0123456789 (&?!/,;:_*")

Medium.

AaBbCcDdEeFfGgHhIiJk LlMmNnOo
PpQqRrSsTtUuVvWwXxYyZz
0123456789 (&?!/,;:_*")

Bold.

AaBbCcDdEeFfGgHhIiJk LlMmNnOo
PpQqRrSsTtUuVvWwXxYyZz
0123456789 (&?!/,;:_*")

**"Reset
your
mind,
one
card at
a time."**

- Alfarn 2

Context Text and Headlines - Acumin Pro

Regular.

Reset your mind, one card at a time.

Medium.

Reset your mind, one card at a time.

Bold.

Reset your mind, one card at a time.

Reset your mind, one card at a time.

Typeface Weights

Regular Font 60 Pt.

The Lazy Dog

Regular Font 48 Pt.

The Lazy Dog

Regular Font 36 Pt.

The Lazy Dog

Regular Font 24 Pt.

The Lazy Dog

The Colours.

Colour Palette. Logo colour System

The RISE RESET logo uses a bold and uplifting colour palette that perfectly reflects the brand's positive and refreshing identity. The background is a vibrant yellow, symbolizing energy, optimism, and clarity, immediately creating a sense of warmth and motivation. The text is presented in a calming teal blue, which brings a feeling of emotional balance, refreshment, and trust — an ideal combination for a mental health-focused project. A strong black outline

enhances the text, ensuring high readability and giving the logo a dynamic, pop-art-inspired look. Additional black elements, such as subtle sparkles and shadow imagery, add playful movement without overwhelming the minimalist design. Together, these colours create a vibrant yet approachable visual identity that supports RISE RESET's mission to boost moods and offer moments of calm and reset.

Colour 1



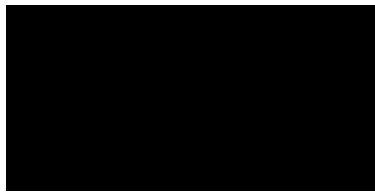
RGB Colour: 255 / 255 / 0
CMYK Colour: 0.00 / 0.00 / 1.00 / 0.00
Hex Colour: #FFFF00

Colour 2



RGB Colour: 5 / 154 / 150
CMYK Colour: 0.97 / 0.00 / 0.03 / 0.40
Hex Colour: #059a96

Colour 3



RGB Colour: 0 / 0 / 0
CMYK Colour: 0.00 / 0.00 / 0.00 / 0.00
Hex Colour: #000000

Colour 4



RGB Colour: 14 / 151 / 2
CMYK Colour: 0.91 / 0.00 / 0.99 / 0.41
Hex Colour: #0e9702

Colour 5



RGB Colour: 154 / 2 / 140
CMYK Colour: 0.00 / 0.99 / 0.09 / 0.40
Hex Colour: #9a028c

Colour 6



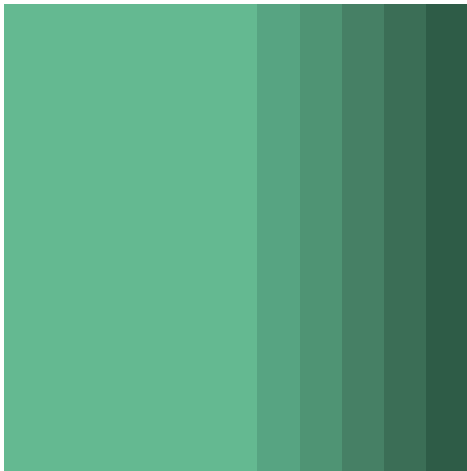
RGB Colour: 66 / 66 / 66
CMYK Colour: 0.00 / 0.00 / 0.00 / 0.74
Hex Colour: #424242

Colour Palette.

Main Colour System

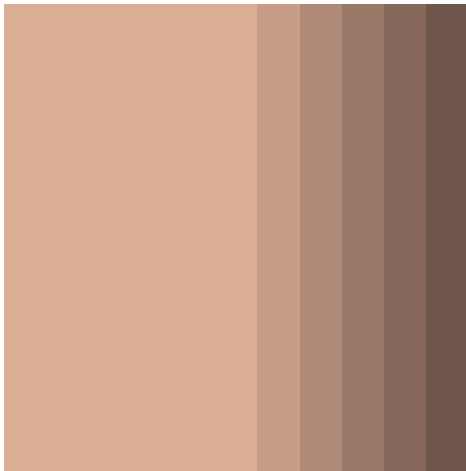
The colours chosen for the activity cards are highly effective because they thoughtfully balance mood, organization, and accessibility. Each colour evokes an emotional response that aligns with the nature of the tasks: the green (65b891) feels calming and grounding, perfect for mindfulness activities; the beige (dcae96) is warm and comforting, ideal for gratitude and self-reflection; the light blue (b0d1e6) feels peaceful and uplifting, matching acts of kindness and connection; the orange (e8a552) is energetic and joyful, fitting for active tasks like dancing; and the lavender pink (dcb3c6) feels gentle and playful, perfect for lighter, fun moments. Visually, the colour coding makes it easy for users to distinguish between different types of activities at a glance, creating a natural sense of organisation. The soft tones offer strong contrast with the white icons and text, improving readability and accessibility for a wide range of users. Overall, the palette is cohesive and inviting, making the cards visually appealing while subtly reinforcing positive emotional habits as users interact with them.

Colour 1



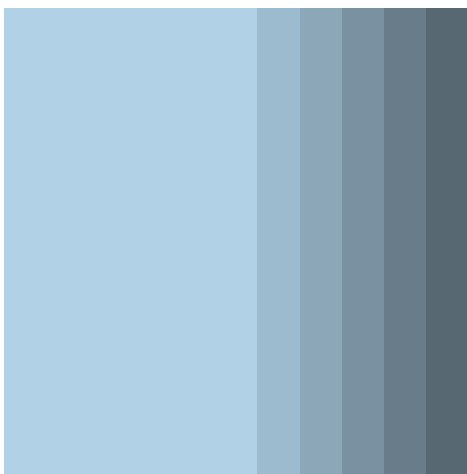
RGB Colour: 101 / 184 / 145
CMYK Colour: 0.45 / 0.00 / 0.21 / 0.28
Hex Colour: 65b891

Colour 2



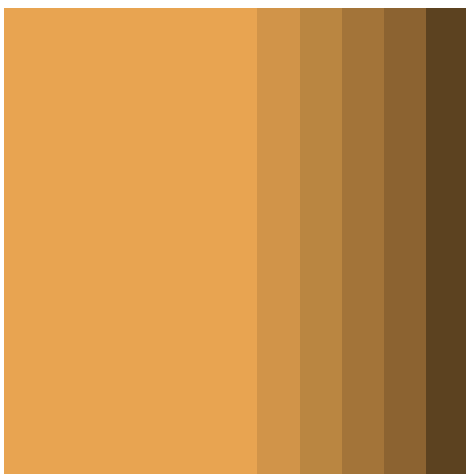
RGB Colour: 220 / 174 / 150
CMYK Colour: 0.00 / 0.21 / 0.32 / 0.14
Hex Colour: dcae96

Colour 3



RGB Colour: 176 / 209 / 230
CMYK Colour: 0.23 / 0.09 / 0.00 / 0.10
Hex Colour: b0d1e6

Colour 4



RGB Colour: 232 / 165 / 82
CMYK Colour: 0.00 / 0.29 / 0.65 / 0.09
Hex Colour: e8a552

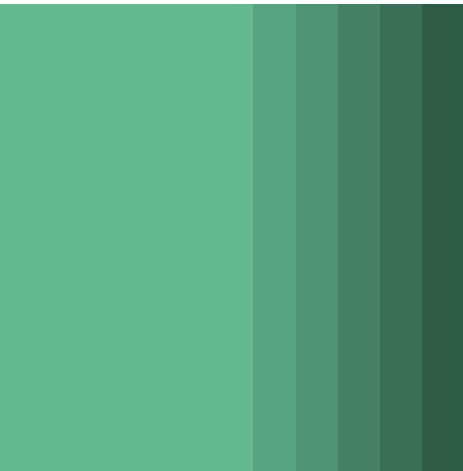
Colour Palette.

Main Colour System

The colours chosen for the activity cards are highly effective because they thoughtfully balance mood, organization, and accessibility. Each colour evokes an emotional response that aligns with the nature of the tasks: the green (65b891) feels calming and grounding, perfect for mindfulness activities; the beige (dcae96) is warm and comforting, ideal for gratitude and self-reflection; the light blue (b0d1e6) feels peaceful and uplifting, matching acts of kindness and connection; the orange (e8a552) is energetic and joyful, fitting for active tasks like dancing; and the lavender pink

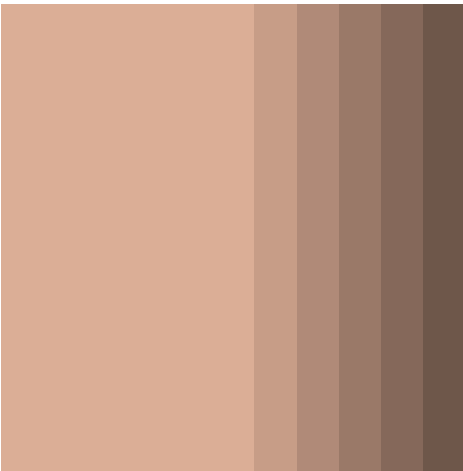
(dcb3c6) feels gentle and playful, perfect for lighter, fun moments. Visually, the colour coding makes it easy for users to distinguish between different types of activities at a glance, creating a natural sense of organisation. The soft tones offer strong contrast with the white icons and text, improving readability and accessibility for a wide range of users. Overall, the palette is cohesive and inviting, making the cards visually appealing while subtly reinforcing positive emotional habits as users interact with them.

Colour 1



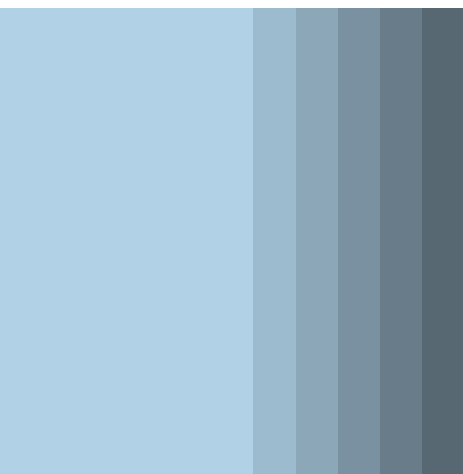
RGB Colour: 101 / 184 / 145
CMYK Colour: 0.45 / 0.00 / 0.21 / 0.28
Hex Colour: 65b891

Colour 2



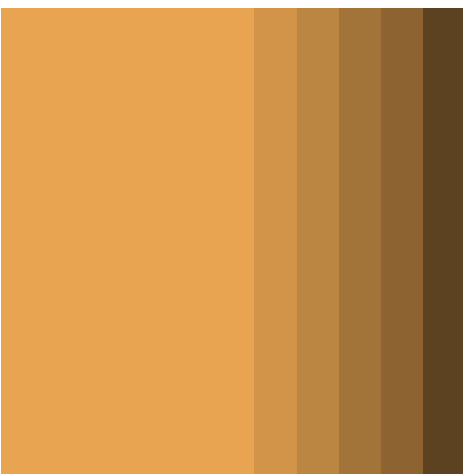
RGB Colour: 220 / 174 / 150
CMYK Colour: 0.00 / 0.21 / 0.32 / 0.14
Hex Colour: dcae96

Colour 3



RGB Colour: 176 / 209 / 230
CMYK Colour: 0.23 / 0.09 / 0.00 / 0.10
Hex Colour: b0d1e6

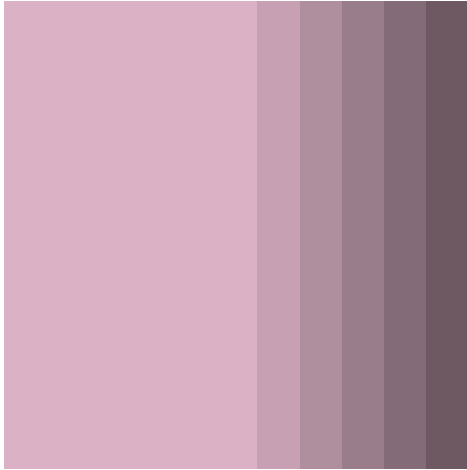
Colour 4



RGB Colour: 232 / 165 / 82
CMYK Colour: 0.00 / 0.29 / 0.65 / 0.09
Hex Colour: e8a552

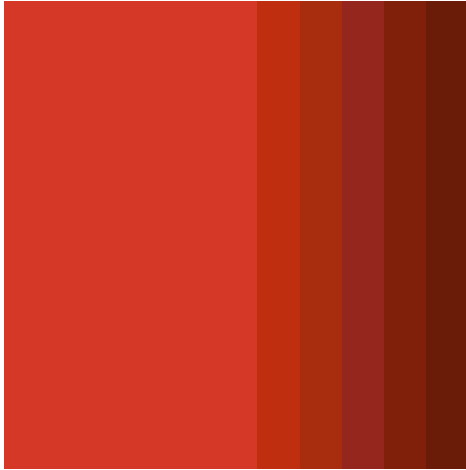
Colour Palette.
Secondary Colour System

Colour 5



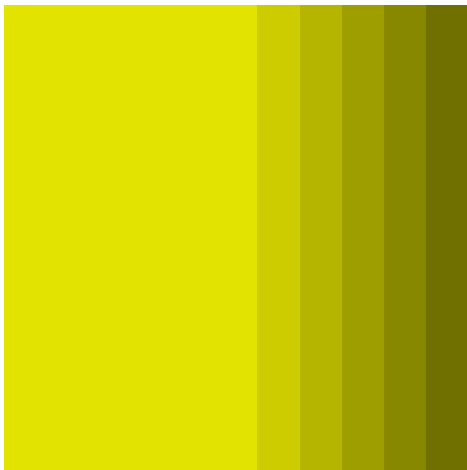
RGB Colour: 220 / 179 / 198
CMYK Colour: 0.00 / 0.19 / 0.10 / 0.14
Hex Colour: dcb3c6

Colour 6



RGB Colour: 212 / 54 / 17
CMYK Colour: 0.00 / 0.75 / 0.92 / 0.17
Hex Colour: d43611

Colour 7



RGB Colour: 227 / 227 / 0
CMYK Colour: 0.00 / 0.00 / 1.00 / 0.11
Hex Colour: e3e300

Colour 8



RGB Colour: 66 / 66 / 66
CMYK Colour: 0.00 / 0.00 / 0.00 / 0.74
Hex Colour: 424242

Activity cards.

Printed Out Cards

These activity cards are part of the 30-Day Mental Wellness Challenge, a hands-on, screen-free tool designed to encourage self-reflection, laughter, through daily micro-tasks. Each card contains a simple but meaningful prompt to complete every day, helping users form healthier habits.

How It Works

One Card Per Day: Users draw one card each day for 30 days. Simple Tasks: Each card includes a task number, a playful or insightful challenge (e.g., "Show someone something that made you laugh"), and a checkbox to mark completion.





Reset your mind, one card at a time.



MOOD BOOST

TASK 1

SMILE — JUST FOR YOURSELF

Take a moment to smile—not for anyone else, not for a photo, not to hide how you feel—just for you. Let it be soft. Even if it feels forced at first, your brain starts to release feel-good chemicals when you move those muscles.



MOOD BOOST

TASK 2

THINK OF ONE THING YOU'RE LOOKING FORWARD TO

It could be big or small—your next coffee, a weekend plan, a future dream. Let the thought bring light into your day. Anticipation can be a powerful mood-lifter.



MOOD BOOST

TASK 3

PLAY A SONG THAT MAKES YOU FEEL GOOD

Just a few seconds of a favorite tune can shift your energy. Whether it makes you sway, sing, or simply smile—press play and let it lift you.



MOOD BOOST

TASK 4

DO A TINY DANCE

Even if it's just a head bob, shoulder roll, or tapping your foot—move a little to a rhythm. This moment is yours to enjoy, no choreography required.




MOOD BOOST

TASK 5

SAY OUT LOUD: "I'VE GOT THIS"

Speak it like you mean it, even if you're still working on believing it. Saying things aloud helps anchor thoughts. You've got this—even if today is messy.




CHILL & RECHARGE

TASK 6

TAKE ONE SLOW, DEEP BREATH

In through your nose... and out through your mouth. Let your shoulders drop a little. Sometimes, one breath is all it takes to feel more present.




CHILL & RECHARGE

TASK 7

NAME THREE THINGS YOU CAN SEE

Look around and pick out three simple things you can see. Ground yourself in this moment—you're here, and that matters.




CHILL & RECHARGE

TASK 8

SIT STILL FOR 30 SECONDS AND NOTICE YOUR BREATH

You don't need to change it—just observe. This gentle pause is a gift. Let the world slow down for half a minute while you just be.




CHILL & RECHARGE

TASK 9

VISUALIZE A PEACEFUL PLACE

Close your eyes and imagine a calm, comforting spot—real or made-up. Let the details come in: the sounds, colours, textures. You're safe there.



CHILL & RECHARGE

TASK 10

TOUCH SOMETHING AND FOCUS ONLY ON HOW IT FEELS

A cup, your sleeve, a blanket. Tune in to the texture, temperature, and weight. Mindfulness can live in your fingertips.



GRATITUDE & REFLECTION

TASK 11

NAME ONE SMALL THING YOU'RE GRATEFUL FOR

Maybe it's your bed, your pet, your favorite mug. Gratitude doesn't need grandeur—it just needs presence.



GRATITUDE & REFLECTION

TASK 12

THINK OF SOMEONE WHO MADE YOU SMILE RECENTLY

Picture their face. Let that smile replay in your memory. Let it ripple back into your own.



GRATITUDE & REFLECTION

TASK 13

REMIND YOURSELF: "NOT EVERYTHING HAS TO BE PERFECT"

Perfection isn't the goal—progress, peace, or even just getting through is enough. Let go of the need to be flawless.



GRATITUDE & REFLECTION

TASK 14

SAY THANK YOU TO YOURSELF

Say it in your head or out loud: Thank you, me, for waking up, showing up, or simply surviving today. You deserve your own kindness.

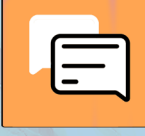


GRATITUDE & REFLECTION

TASK 15

LOOK IN THE MIRROR AND GIVE YOURSELF A NOD OF RESPECT


You've been through a lot. And yet—you're here. Look at yourself like someone you love, and give yourself credit.



SEND A KIND MESSAGE TO SOMEONE

TASK 16

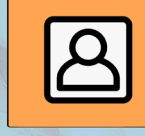
A simple "thinking of you" or "hope your day is good" can lighten someone else's world—and often, your own too.



COMPLIMENT SOMEONE—EVEN JUST IN YOUR MIND

TASK 17


Notice something kind or cool about someone around you, even a stranger. Let that little positive thought soften your heart.



PICTURE SOMEONE YOU LOVE SMILING

TASK 18

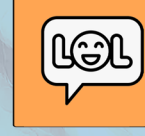
Let their joy fill your mind for a few seconds. Their happiness is contagious—even in memory.



LEAVE A NICE COMMENT ONLINE

TASK 19

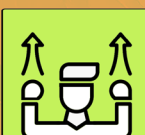
Say something uplifting to someone in a comment section. Break the algorithm with kindness.



SHARE SOMETHING THAT MADE YOU LAUGH

TASK 20

Text it, post it, or simply tell someone out loud. Laughter is best when it's shared in memory.




ENERGY & MOVEMENT

TASK 21

STRETCH YOUR ARMS OVERHEAD AND BREATHE

Reach up. Hold it. Exhale. Lower your arms. Notice the shift. Movement invites energy back into the body.




ENERGY & MOVEMENT

TASK 22

ROLL YOUR SHOULDERS BACK—TWICE

Feel the tension slide off. Movement doesn't have to be dramatic to be healing.




ENERGY & MOVEMENT

TASK 23

STAND UP AND SHAKE OUT YOUR LIMBS

Just for 10 seconds. Let your hands, legs, or whole body shake it out. Get silly, or stay grounded. Either way, reset.




ENERGY & MOVEMENT

TASK 24

SCRUNCH YOUR FACE AND WIGGLE YOUR TOES—THEN RELAX

It's weird. It's fun. It releases tension you didn't even know you were holding.



ENERGY & MOVEMENT

TASK 25

STEP OUTSIDE OR OPEN A WINDOW FOR FRESH AIR

Just a few breaths of outdoor air can wake up your senses. Look around, take it in.



LOOK AT THE SKY

TASK 26

Find a patch of sky and just observe it. Clear, cloudy, bright, or stormy—it's constantly shifting, just like moods.



TRY TO SMILE WITH JUST YOUR EYES

TASK 27

No one needs to see—do it for you. It might even make you giggle. Go ahead and try a little eyebrow wiggle too.



SAY SOMETHING SILLY OUT LOUD

TASK 28

Let a weird word or phrase tumble out of your mouth. It doesn't need to make sense. Laughter lives in nonsense sometimes.



DOODLE A TINY FACE OR HEART ON PAPER

TASK 29

Doesn't matter what it looks like, just a tiny drawing to spark a tiny smile.



PRETEND YOU'RE HIGH-FIVING FUTURE-YOU

TASK 30

Future-you made it through this month. They're proud of you. Give them a high-five right now they deserve it, and so do you.

Back Cover



Activity Card Demensions

The chosen card dimensions of 5.4 cm width by 8.3 cm height provide a compact and user-friendly format that is both practical and visually appealing. This size, similar to standard playing cards, ensures that each activity card is easy to handle, store, and carry, making it convenient for daily use. The compact format encourages users to engage with the cards regularly without feeling overwhelmed, aligning perfectly with the goal of promoting small, manageable mental health activities. Additionally, the portable size reinforces the brand's objective of accessibility and ease of use, allowing users to keep the cards within reach throughout their day, whether at home, work, or on the go. This dimension also allows for clear typography and simple, bold graphics, maintaining visual clarity and readability, even with concise instructions or brief motivational messages.

Packaging.

Card Packaging Box

The packaging is a sleek, rectangular box with a bold, matte black finish adorned with intricate, swirling patterns that evoke a sense of calm and introspection. The vibrant yellow and teal Rise Reset logo stands out prominently against the dark background, adding a pop of color and brand identity. The top lid features a clean, white rectangular window, allowing a glimpse of the card deck inside while maintaining a minimalist aesthetic.

Along the side, the tagline "Reset your mind, one card at a time" is highlighted in striking yellow text, reinforcing the brand's mission. The back of the box presents a concise product description, framed by thin, accent lines in teal and yellow, maintaining visual consistency while conveying essential information in a clear, engaging format.



Packaging Box Demensions

The Rise Reset box is a compact and thoughtfully designed package measuring 5.6cm in width and 8.5cm in height, perfectly tailored to house all 30 activity cards securely. Its sleek, rectangular form ensures a snug fit for the deck while maintaining a slim profile for easy handling and storage. The structure is crafted to provide just enough space for the cards without unnecessary bulk, creating a compact, portable package that embodies both functionality and aesthetic appeal. The black, marbled background exudes a sense of calm and introspection while creating a dramatic contrast against the vibrant yellow and teal logo, ensuring brand visibility and recall. The front panel includes a prominent blank area intended for a customised label or message, adding a personal touch to the packaging. The side panels are adorned with sleek, minimalist typography in yellow, conveying the brand's tagline in a modern, sans-serif font that reinforces the brand's energetic yet calming essence. focus on mental health and well-being.



App design.

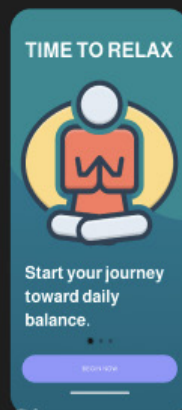
Mobile App Design

The Rise Reset mobile app design presents a visually cohesive and engaging user interface that aligns with the brand's mental wellness focus. The app is structured with a clear flow, starting with a three-screen onboarding sequence that introduces users to the core features: relaxation, daily reset activities, and mood tracking. Each screen employs calming teal, vibrant yellow, and soft pastel accents to evoke a sense of tranquility and positivity. The sign-up and login screens feature the brand logo prominently and utilize a consistent layout with rounded input fields and bold call-to-action buttons, reinforcing a welcoming and user-friendly interface. The home screen is a centralized hub displaying the daily activity calendar, task completion status, and quick access icons, structured in a modular grid for easy navigation.



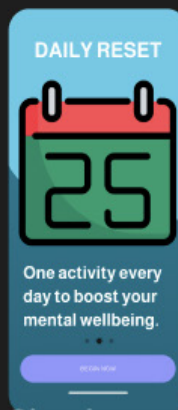


Intro



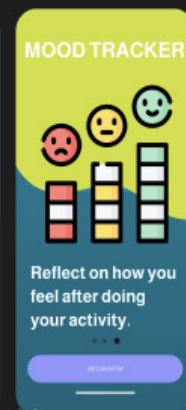
Sign up

Intro 2

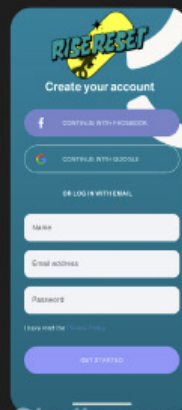


Sign in

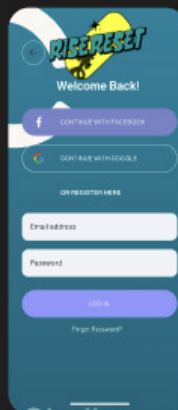
Intro 3



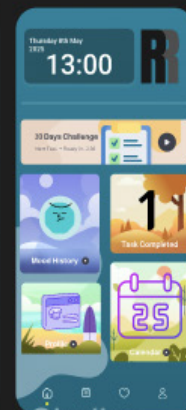
Home



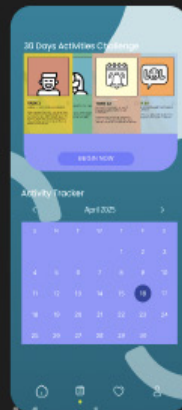
Challenge



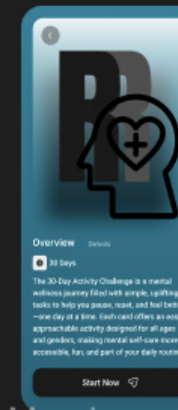
Challen...



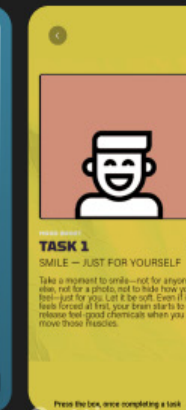
Challen...



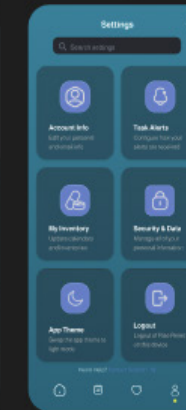
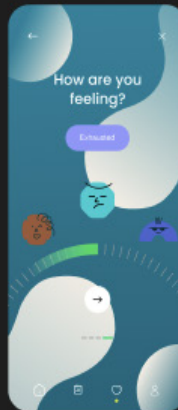
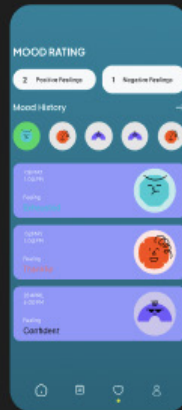
Mood-ra...



Mood-ra...



Settings





Rise Reset

App is available on both
android and ios.



Video link:
<https://youtu.be/0IH62G8DThE>

Will be attached on Moodle

Poster design.

App Poster Design

The Rise Reset mobile app design presents a visually cohesive and engaging user interface that aligns with the brand's mental wellness focus. The app is structured with a clear flow, starting with a three-screen onboarding sequence that introduces users to the core features: relaxation, daily reset activities, and mood tracking. Each screen employs calming teal, vibrant yellow, and soft pastel accents to evoke a sense of tranquility and positivity. The sign-up and login screens feature the brand logo prominently and utilize a consistent layout with rounded input fields and bold call-to-action buttons, reinforcing a welcoming and user-friendly interface. The home screen is a centralized hub displaying the daily activity calendar, task completion status, and quick access icons, structured in a modular grid for easy navigation.



Activity Cards Poster Design

This poster is a bold and engaging advertisement for the Rise Reset mental health activity cards. With the headline, "Ready for your daily reset?", it immediately speaks to the viewer's desire for better balance and emotional wellbeing. The poster introduces a practical and approachable solution: a 30-day deck of guided activities designed to help users reflect, relax, and reconnect with themselves. Visually, the cards are colourful, playful, and accessible — each one offering a bite-sized mental wellness task such as simple stretching, drawing, or reflection. The tagline, "Reset your mind, one card at a time," reinforces the idea that self-care doesn't need to be overwhelming — just consistent.



RR

