

CALM MIND RESET



Take a Moment to Return to Yourself.

Softly Seen Studio

**When everything feels too loud or too fast, use these steps
to soften your system and return to steady ground.**

✦ **1. Slow Down Your Breath**

Breathe in through your nose for 4 seconds

Hold for 4 seconds

Exhale slowly for 6 seconds

Repeat this cycle three times to soften the edges of your stress.

✦ **2. Come Back Into Your Body**

Place one hand on your chest and one on your belly.

Notice the rise and fall beneath your palms.

Let your shoulders relax.

Let your jaw unclench.

Let your breath land softly.

✦ **3. Gentle Grounding Prompt**

Ask yourself:

“What do I need in this moment to feel supported?”

There is no wrong answer.

Whatever your body or heart offers is welcome.

✦ **4. A Soft Reframe**

Instead of “I should be handling this better,” try:

“I’m doing the best I can with what I have, and that is enough for right now.”

Let this melt through your nervous system.



✦ 5. Mini Journaling Space

Take your time here. There is no wrong answer.

What am I feeling?

What is making this harder?

What would help me feel a little better right now?

✦ 6. Your Anchor Affirmation

Center on this for a moment:

“I am safe to slow down. I am safe to breathe. I am safe to come back home to myself.”

Read it twice: once in your mind, once in your body.

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