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Day 1: Coming Home to Yourself

Imagine waking up after a long storm. The air is crisp, the ocean calm, and the clouds part just enough to let a soft light through. This is the feeling we're inviting today — a gentle homecoming within.

Practice: 5-Minute Centering Breath

Find a quiet space. Sit comfortably.

Inhale deeply through the nose for 4 counts.

Hold for 2 counts.

Exhale gently through the nose for 6 counts.

Repeat for 5 minutes.

Affirmation: I am safe to return to myself, one breath at a time.

Reflection Prompt:

What does 'home' feel like inside you? What helps you come back when you feel lost?



Day 2: Releasing the Weight

We carry so much — expectations, memories, guilt, pressure. But like the tide, we are meant to ebb and flow, not grip and strain.

Practice: Gentle Body Scan

Lie down or sit in a relaxed position.

Bring awareness to your feet, then slowly move upward — calves, thighs, hips, belly, chest, arms, hands, neck, face.

As you scan, say to each part: 'You can let go now.'

Affirmation: I release what no longer belongs to me.

Reflection Prompt:

What are you holding that no longer supports you? How would it feel to let it go?



Day 3: Softening Around the Edges

Sometimes we harden not because we are unkind, but because life has been sharp. Today is about melting — not fixing — but softening where we can.

Practice: Self-Compassion Touch

Place one hand gently over your heart and one over your belly.

Take 3 slow breaths and whisper something kind to yourself.

Let the gesture remind you that you are not alone.

Affirmation: I meet myself with gentleness.

Reflection Prompt:

Where have you been hard on yourself lately? What would kindness look like here?



Day 4: Tending the Inner Garden

Your inner world is a garden. Without tending, weeds grow. With care, it blooms. Today, we pull a few weeds and plant something new.

Practice: Clearing & Planting

Write down one belief or habit you're ready to release.

Now, write a new supportive thought to plant in its place.

Say it out loud and place it somewhere visible today.

Affirmation: I choose what I plant and nurture within me.

Reflection Prompt:

What's one thing you're ready to release — and one thing you're ready to grow?



Day 5: Reconnecting with Wonder

We often lose touch with the everyday magic — the breeze, the sparkle on water, the way our heart keeps beating. Wonder is a healing force.

Practice: Wonder Walk

Step outside for a 10-minute walk.

Look for one thing you've never noticed before.

Pause. Gaze at it like a child seeing it for the first time.

Breathe it in.

Affirmation: I am open to the beauty around and within me.

Reflection Prompt:

When did you last feel awe? Where does wonder live in your day-to-day life?



Day 6: Listening Deeply

There's a quiet voice inside you. It doesn't shout. It whispers. Today, we practice tuning out the noise and turning inward.

Practice: 3-Minute Listening Stillness

Sit comfortably and close your eyes.

Listen: first to sounds around you, then to your breath, then to the silence beneath it all.

Let thoughts come and go like waves.

Affirmation: I honor the wisdom within me.

Reflection Prompt:

What is your inner voice saying today? What happens when you really listen?



Day 7: Recharging Through Rest

Rest isn't a reward — it's a rhythm. Just as waves rise and fall, we too are made for exertion and renewal. Today is about restoration.

Practice: Legs-Up-the-Wall Pose

Lie on your back with your legs up a wall or over a chair.

Place a folded towel under your hips if comfortable.

Close your eyes and breathe here for 5–10 minutes.

Affirmation: I am worthy of deep, nourishing rest.

Reflection Prompt:

What kind of rest do you need most today — physical, mental, emotional, or spiritual?

Closing

You've taken a beautiful step toward coming back to yourself, one breath, one page, one moment at a time.

This journey isn't about doing more, fixing yourself, or getting it "right."
It's about softening into who you already are.

As you move forward, may you carry these small practices with you like stones in your pocket, grounding you, reminding you, and guiding you home whenever the world feels loud.

Thank you for allowing me to walk beside you. I hope this time spent together has offered a sense of calm, connection, and clarity.

With care,
Lorrie Conglose, LMHC
Stress Less Therapy Solutions