



You Are Enough!

I know you've been through a lot. Let this be your reminder: you are enough, and it's okay to give yourself credit. We often take for granted our most basic gift — a living, breathing body. That alone deserves gratitude.

Here are some gentle tools to help ease your mind. You don't have to do all of them — just trust the process, stop overthinking how or when it will work, and give yourself **15 to 20 minutes a day**. That's it.



1

Journaling

Write down what you experienced today — both the good and the bad. Try splitting your page into two columns: positives on one side, negatives on the other. Underneath, note what you learned. Getting your feelings onto paper instead of letting them swirl in your mind is one of the most powerful things you can do, and it only takes 5 to 10 minutes.

2

Box Breathing

Inhale for 4 seconds, hold for 4, exhale for 4, hold for 4. Repeat at least 6 times. Just 5 minutes will do, anytime — before bed, after waking up, or whenever stress creeps in.

3

The 5-4-3-2-1 Grounding Technique

This is one of the best tools for overthinking:

- 5 things you see — notice their colors and textures; even touch them and notice the temperature.
- 4 things you hear — close your eyes and listen.
- 3 things you smell.
- 2 things you taste — sip some water or juice and really notice it.
- 1 breath to bring you fully into the present.

Spend about 5 slow minutes on this whenever your mind feels too full.

4

A Warm Foot Soak

Soak your feet in lukewarm water with a little pink or black salt for 5 to 10 minutes. It's deeply relaxing and helps relieve chronic tension.

5

A Calming Bedtime Routine

Taking a warm shower about an hour before bed lowers your blood pressure slightly and helps your body wind down. Follow it up with self-care — night cream, a lip mask, or whatever feels good.

6

Stretching

Stretching improves blood flow to your brain and muscles, helping your body relax and repair itself. A few minutes before bed can make a real difference.

7

Lean on Faith

Whatever you believe in, whether it's God, the Universe, or something else, speak to it quietly in your mind. Let go of what's weighing on you and trust it's being taken care of — then return to your day without the burden of overthinking.

8

Relaxing Music

Just 5 to 10 minutes of soothing music whenever stress hits.

9

Talk to Someone You Trust

Share what you're experiencing with a close friend. Letting it out, rather than holding it in, can be a relief.

10

Spearmint Tea

A warm cup of spearmint tea can help you relax and improve your sleep.

11

Mirror Affirmations

Look yourself in the eyes in the mirror and say, "I'm handling everything fine." Add a few positive affirmations about yourself. It may sound simple, but it works wonders for your confidence.

12

Time in Nature

Touch a tree, sit near plants, or gaze at the night sky. Just 5 minutes away from your screen, grounded in nature, can change how you feel.

13

Sleep Early, Sleep Well

No matter how important the day's work feels, your body comes first. When you prioritize rest, you show up with better health, a better mood, and more productivity — always take care of yourself first.

*You don't have to do it all at once.
Choose what feels right today, and be gentle with yourself.*