

REAL RESILIENCE TOOLKIT



I. RELAX

Real change begins with awareness. Real resilience begins here.

RELAX

Love,

Before you rise, before you run, before you even rebuild — you must breathe.

“Relax” isn’t laziness. It’s the sacred act of letting your body and spirit remember that peace isn’t something you have to earn. It’s already waiting inside you.

The world teaches us to go faster, louder, stronger — especially when we’re trying to prove we can handle it all. But true resilience doesn’t live in your hustle; it lives in your stillness.

So today, I invite you to unclench your jaw, drop your shoulders, and inhale your own enoughness. Let this be your first step toward Real Resilience.

~ Alisha Regina 

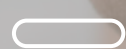
TOOL 1- CALM YOUR MIND WITH SOUND

Sound is a signal of safety. These tones tell your brain its okay to slow down and rest.

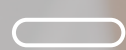
TRY:



Nature sounds



Lo-fi instrumentals



Listen here to the Real Resilience **Relax** playlist.

Before you begin your reflection, **press play** on the Relax playlist (scan code). Let each note soften your breath, settle your nervous system, and open space for peace to flow through.



TOOL 2 – REFLECTING THROUGH JOURNALING



- ✓ **Morning reflections**– set your tone for the day
- ✓ **Emotional check-ins**– listen to your **inner** weather
- ✓ **Gratitude lists**– notice what's nourishing you

💡 *Tip: Pair your journaling with calm audio or tea to ground your senses.*

PROMPTS:

When was the last time your body felt completely at ease?

Where in your life are you moving too fast to notice what your body needs?

TOOL 3 – 5-MINUTE GROUNDING RESET

TRY:

- Sit or stand comfortably.
- Close your eyes or soften your gaze.
- Take a slow inhale through your nose for a count of 4.
- Hold gently for 2.
- Exhale slowly through your mouth for 6.
- As you breathe, scan your body from head to toe and whisper inwardly: **"It's safe to rest."**
- Repeat three cycles, then place one hand on your heart, one on your belly, and say:
"I am allowed to pause. I am allowed to be."

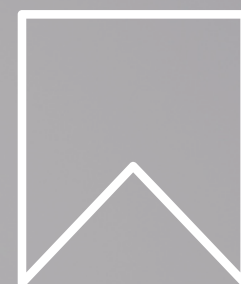
TOOL 4– **AFFIRMATIONS FOR RELAXATION**

**“CARING FOR MYSELF IS NOT SELF-INDULGENCE, IT
IS SELF-PRESERVATION.”
— AUDRE LORDE**

Recite:

**I give myself
permission to rest
without guilt.**

GO IN PEACE



SAVE THIS AS YOUR GENTLE REMINDER

When you honor your stillness, your soul starts to whisper what it really needs.

Next we'll move into Relate — the art of connecting with yourself and others from a grounded place.

Until then, practice your pause. Your peace is your power.

Find more Real Resilience toolkits at realresiliencellc.com/toolkits