

SERENITEA *Superior*



WELCOME TO THE FRONT PORCH RESET GUIDE



Getting Started

Let's be honest.

Sometimes life gets loud. Not emergency-room loud. Not "everything is falling apart" loud. Just... heavy.

The kind of heavy where your brain won't shut off. Where you feel irritated for no clear reason. Where everything feels like "too much" — even the small things.

That's usually not laziness. It's not weakness. And it's definitely not proof you're failing.

It's often a nervous system asking for a pause. This guide is your front porch moment. A place to slow down long enough to ask:

What is actually happening inside me right now?

How "The Front Porch" Works

You don't have to fix everything today.

You only have to stop running for a minute.

The porch is not where you perform.

The porch is where you tell the truth.

So before you keep solving, avoiding, numbing, or overthinking -

Sit here for a second.



Name It. Claim It. Tame It.

Sometimes we say:

"I'm fine." I'm just tired."

"I don't know what's wrong with me."

But usually there's more underneath.

Try finishing this sentence: ***Right now, I feel ...***

- | | |
|---------------|------------|
| •Overwhelmed | •Angry |
| •Drained | •Lonely |
| •Numb | •Restless |
| •Anxious | •Irritated |
| •Disappointed | •Hurt |
| •Shut down | •Unseen |

You do not have to explain it. You just have to **name it**.
Because feelings lose some power when they stop hiding



The Porch Pause

Before you problem-solve, argue, text back, shut down, spiral, or emotionally disappear...

Pause. Not forever.

Just long enough to let your nervous system catch up.

Ask yourself:

- Am I overwhelmed or actually unsafe?
- Is my body activated right now?
- Am I reacting from this moment... or from old stuff?
- What does my nerves need before my brain starts making decisions?

Sometimes clarity comes after slowing down.
Not before.



Superhero Stance Breathing

Sometimes your body needs confidence before your brain believes it.

This one works well when you feel small, anxious, powerless, or emotionally flooded.

Try This

1. Stand tall.
2. Put your feet shoulder-width apart.
3. Pull your shoulders back.
4. Place your hands on your hips or loosely at your sides.
5. Lift your chin slightly.
6. Take a slow breath in through your nose.
7. Slowly breathe out through your mouth.

As you breathe, think:

☐ I can handle this. ☐ I do not have to panic. ☐ My body can be calm.

Stay in the stance for 30–60 seconds.

Your body posture affects your nervous system more than most people realize.



Swingset Breathing

This one is especially good when your brain feels busy or emotions feel big.

- Picture a swingset.
- Back and forth. Slow and steady.

Try This:

As you breathe in, imagine the swing moving forward. As you breathe out, imagine the swing moving back.

Try a gentle rhythm:

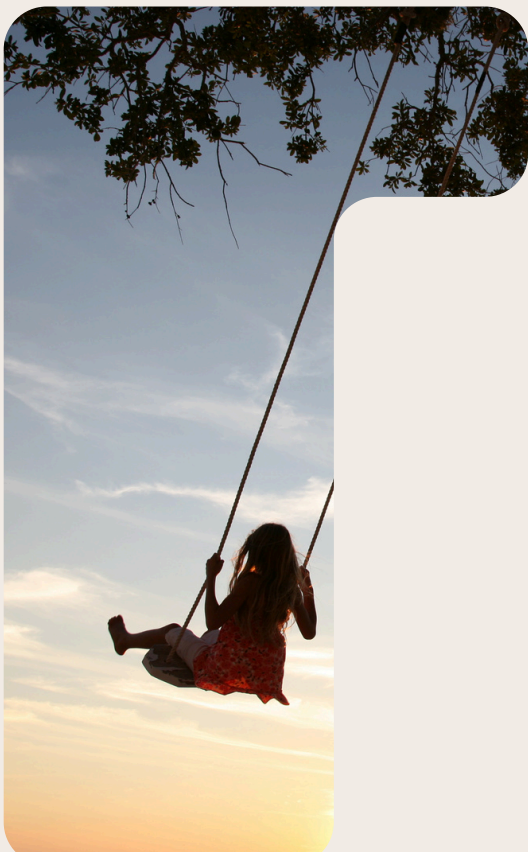
- Breathe IN for 4
- Breathe OUT for 4
- Repeat slowly

You are not forcing calm. You are creating rhythm. Rhythm helps the nervous system settle.

This breathing works especially well for:

- Anxiety
- Bedtime racing thoughts
- Emotional overwhelm
- Kids and adults who struggle to “turn their brain off”

Sometimes calm comes from rhythm more than silence.



FIND YOUR FOOTING

When anxiety gets loud, your brain often leaves the present.
Bring yourself back.

Get Grounded on the Porch

Look around and notice:

- 5 things you see
- 4 things you can touch
- 3 sounds you hear
- 2 things you smell
- and
- 1 thing you know is true right now

▲ That last one matters.

Examples:

- ☼ I am safe in this moment.
- ☼ I do not have to figure everything out now
- ☼ I can slow down.
- ☼ I have survived hard days before.



Grounding is **not magic**. It's nervous-system proof.

SHUAC

What Most People Want But Don't Know They're Asking For

Most people are not just asking to be fixed. They are asking to feel:

~ **Seen** ~ **Heard** ~ **Understood** ~ **Appreciated** ~ **Connected**

That's **SHUAC**.

And honestly? Most conflict is not really about dishes, grades, attitude, tone, or who forgot what.

It's often a person quietly saying:

"Please understand me before you correct me."

Humans calm down when they feel emotionally understood.

Kids do. Adults do. Relationships do.

Sometimes what someone needs most is not advice.

It is the feeling that somebody slowed down enough to care.

Tabor Breathing

Breathing the “Tabor Way”

This is not fancy breathing. This is nervous-system breathing.

It gives your body a signal that says:

“We can slow down now.”

The Way

White + Yellow IN

Think:

- Peace IN
- Light IN
- Calm IN
- Air IN

Black + Red OUT

Think:

- Anger OUT
- Pressure OUT
- Noise OUT
- Resentment OUT

Then Try This

1. Sit with your feet on the floor.
2. Drop your shoulders.
3. Breathe in slowly through your nose.
4. Picture white or yellow moving in.
5. Breathe out slowly through your mouth.
6. Picture black or red leaving your body.

Repeat 5 times.

No perfection required. No spiritual performance.

Just breathing with intention.



Ask the Porch Question

“What do I *actually* need right now?”

Not what you *should* need.

Not what looks productive.

Not what someone else expects.

What do *you* need?

Water

Silence

A boundary

A nap

A shower

Space

Food

Fresh air

A good cry

A break from people

To stop doom-scrolling

To say no

To text someone safe

**You are allowed to need things...
even When..**

(read as Especially.)

When You Feel Like You're "Too Much"

Let's put this on the porch for a second.

You are not too emotional. You are not too needy.

You are not too sensitive.

You may just be carrying too much without enough
places to put it down.

That's different. Much Different.



For Our Kids: Listen Before You Fix

There is an old counseling truth often connected to the work of Carl Rogers, who was an American psychologist & founder of person-centered therapy in the 1940s:

Deep listening is one of the greatest gifts we can give another person.
Especially our kids.

Children do not always need a lecture. They do not always need solutions. They do not always need correction first. Sometimes they need connection before direction.

When a child is upset, overwhelmed, angry, shut down, or melting down...

Try asking:

“Do you want to be Heard, Hugged, or Helped?”

Then pause.

And *honor* the answer.

Because when kids feel emotionally safe first, they become more open to guidance later.

Heard

Sometimes they need someone to listen without interrupting. Without fixing. Without making it about the lesson.

Hugged

Sometimes their nervous system needs comfort before conversation.

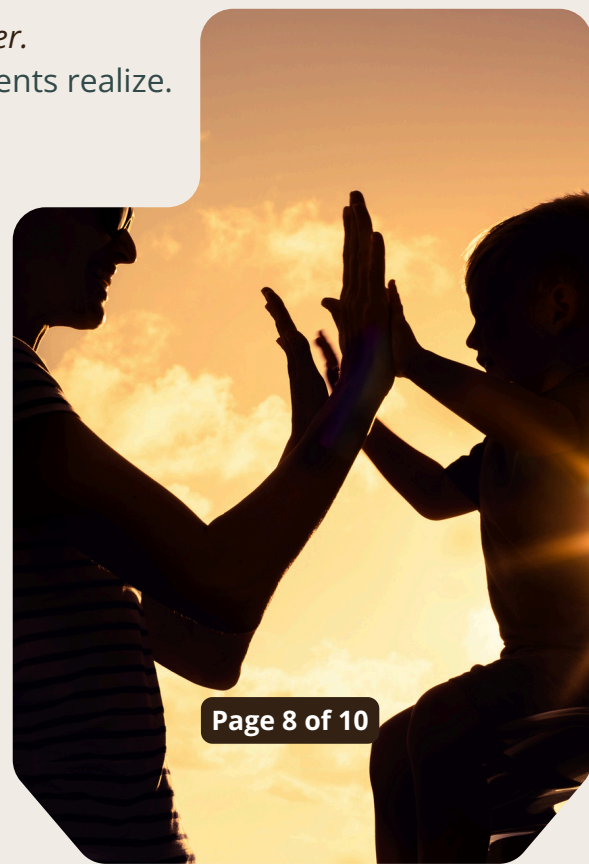
Helped

Sometimes they are ready for solutions. But not always first.

The order matters.

Connection first. Correction later.

That shift changes more than most parents realize.



More Porch Truths

Mirror. Mirror. Tell me a New Story.

The story you tell yourself matters — especially when you're hurting. Old beliefs may explain you — but they do not have to define you. You are not the worst thing you believed about yourself. Sometimes growth starts with changing the sentence in your own head.

And some of those things need to be said out loud.
To Yourself. While looking in a mirror.

- Rest is not laziness.
- Anxiety is loud, not always accurate.
- Boundaries are not betrayal.
- Not every feeling is a crisis.
- Overthinking is not the same thing as solving.
- Your nervous system remembers what your brain tries to minimize.
- Healing is not always soft.
- You can be grateful and still exhausted.
- You can learn to speak to yourself like someone worth protecting.
- You do not have to explain your peace

Read those again slowly.

One of them probably landed.



The 5-Minute Porch Reset

If everything feels like too much, try this.

Minute 1: Stop moving. Sit down. Put both feet on the floor.

Minute 2: Take slow breaths. Use Tabor Breathing.

Minute 3: Look around the room. Ground yourself.

Minute 4: Ask yourself what you need.

Minute 5: Choose one small next step. Not a life plan.
Not fixing everything. **Just one next step.**



Parting Porch Wisdom

You do not need to leave this guide transformed.
You only need to leave more honest than when you arrived.
Take what helps. Leave what doesn't.

And remember:
You do not have to hold everything at once.
Pull up a chair. Breathe. You're allowed to rest here.

— Real Talk, Real Tools, Real Change. —

Real Talk:

Honest, Judgement-free Conversations where you can show up exactly as you are. No pretending. No performing.

Real Tools:

Practical strategies and coping skills you can actually use in everyday life. Not just theory, but stuff that works.

Real Change:

Lasting transformation that grows from understanding yourself better and building resilience that sticks.

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Front Porch Crazy™

Real Talk. Real Tools. Real Change.

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