



Micro Moments of Stillness

5 Calm Anchors for Your Day

1. Morning Grounding

Before reaching for your phone, place a hand on your heart. Breathe in deeply and whisper: 'I begin this day with peace.'

2. Midday Anchor

At any point in the chaos, pause and feel your feet on the ground. Say silently: 'I am rooted. I am steady.'

3. Transition Breath

Before starting a new task or moving between spaces, take one mindful breath. Let it mark the shift.

4. Overwhelm Reset

When emotions rise, close your eyes for ten seconds. Picture a calm place. Repeat: 'This moment will pass. I am safe.'

5. Evening Release

As you prepare for rest, place both hands on your belly and inhale slowly. Exhale with the words: 'I let the day go.'

Optional Journaling Prompt

Which moment this week reminded you to pause, breathe, or return to stillness?

