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# LIVE BREATHE CALM: THE 5-MINUTE DAILY RESET

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*A Simple Guide  
to Less Stress & More Focus*



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# WELCOME

Hey Sis,

Life is LIFE-ING, and the stress can feel overwhelming. But here's the good news: mindfulness doesn't have to take hours —just five minutes a day can help you reset, recharge, and refocus.

Inside this guide, you'll find:

- ✓ A 5-minute reset routine to calm your mind instantly
- ✓ A simple breathing technique to lower stress in seconds
- ✓ A daily affirmation & reflection prompt to help you feel more in control

This is your first step toward a more peaceful, balanced life. Let's get started!

💡 Want more? Try the full Live Breathe Calm membership for FREE for your first month! [\[Click here to join.\]](#)

# THE 5-MINUTE RESET ROUTINE

## ★ Step 1: The Centering Breath (1 Minute)

- Sit comfortably, feet on the floor.
- Inhale deeply through your nose for 4 seconds.
- Hold for 4 seconds.
- Exhale slowly through your mouth for 6 seconds.
- Repeat 3-5 times.

💡 Why? This slows your heart rate and resets your nervous system.

## ★ Step 2: Tension Release Scan (2 Minutes)

- Close your eyes and scan your body from head to toe.
- Identify tension (jaw, shoulders, back) and breathe into those areas.
- Roll your shoulders, stretch your neck, or gently shake out your hands.

💡 Why? Physical tension builds up throughout the day, often without us noticing. Releasing it also frees mental space.

# THE 5-MINUTE RESET ROUTINE

## ★ Step 3: Grounding Exercise (2 Minutes)

- Place your feet flat on the ground.
- Identify:
  - 5 things you see 
  - 4 things you can touch 
  - 3 things you hear 
  - 2 things you can smell 
  - 1 thing you can taste 
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- 💡 Why? This helps break anxious thought loops and bring you fully into the present.

# INSTANT CALM BREATHING EXERCISE

Try this whenever you feel overwhelmed:

Breathe in deeply through your nose for 5 seconds.

Hold for 3 seconds.

Exhale slowly through your mouth for 7 seconds.

Repeat 3-5 times.

 **Bonus Tip:** This is a great reset before meetings or after stressful conversations.

# DAILY AFFIRMATION & REFLECTION PROMPT

★ Today's Affirmation: I am calm, focused, and in control of my energy.

✎ Reflection Question: What is one small way I can create more peace in my day?

💡 Journaling Tip: Writing even one sentence can make a difference!

