

7 Days to Calm: Simple Tools to Reduce Stress & Anxiety

Spend less time worrying and more time living.



Inner
Oasis
Collective

Welcome to 7 Days to Calm!

Over the next week, you'll learn simple, science-backed practices to soothe your nervous system, reset your mind, and create space for calm — even when life feels overwhelming.

You don't need hours a day — just 10 minutes or less.

Each day includes a short, actionable tool you can use in under 10 minutes.

Let's begin your journey back to calm.

-Ajita



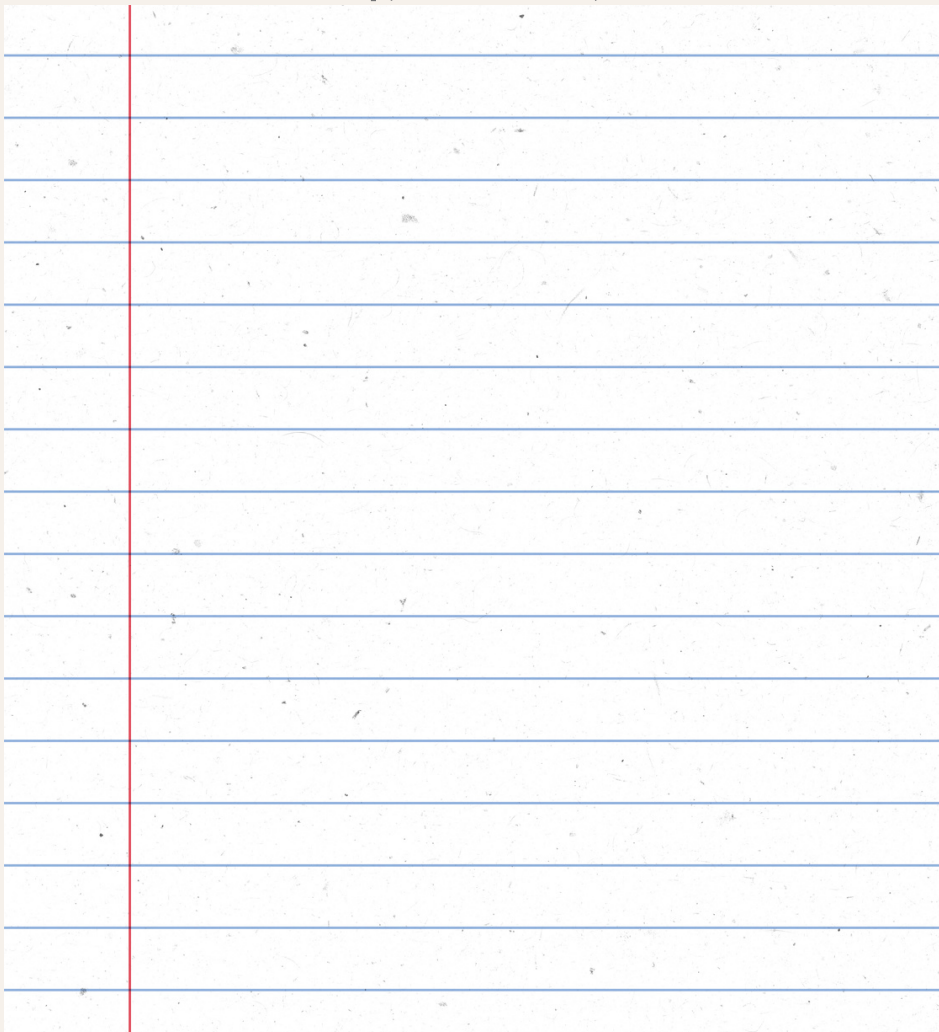
Day 1 — Grounding Breath

Why:

Calms the nervous system instantly by activating the parasympathetic nervous system. Slow, deep, or controlled breathing stimulates the vagus nerve, a key component of the PNS, sending a signal to your brain to calm down, which lowers heart rate and reduces stress hormones.

Practice:

Inhale for 4, hold 2, exhale for 6. Repeat 5 rounds.



Reflect:

What triggers my stress most often?



Day 2 - 5-Senses Reset

Why:

Shifts your brain's attention from overthinking to your immediate physical environment, calming your nervous system by promoting mindfulness and a connection to the here and now.



Practice:

Write & describe 5 things you see, 4 things you touch, 3 things you hear, 2 things you smell, 1 thing you taste.

A large rectangular area with horizontal blue lines and a vertical red margin line on the left, intended for writing practice.

Why:

Conscious breathing calms the mind & body. Paired movement and deep breath promote physical relaxation and activate the parasympathetic nervous system, which counters the “fight/flight” response.

Practice: 10 Minute Gentle Yoga Flow

Reflect:

Before Flow - Rate my level of anxiety or stress from 0-10 (0 = lowest, 10 = highest)

After Flow – Rate again. Note any changes to my thoughts, emotions, such as content, pace, or quality.

[illegible]

Day 4 — Thought Reframe

Why:

Cognitive reframing lowers anxiety by changing negative thought patterns into more balanced, realistic ones, which reduces their emotional & physiological impact.

Instead of: *If I fail this job interview, I'll never succeed in my career.*

Try a balanced thought: *I will prepare thoroughly for this interview and do my best. Even if it doesn't go perfectly, it's a learning opportunity, and I can try again.*



Practice:

Write down one stressful thought ➤ reframe it into something supportive.



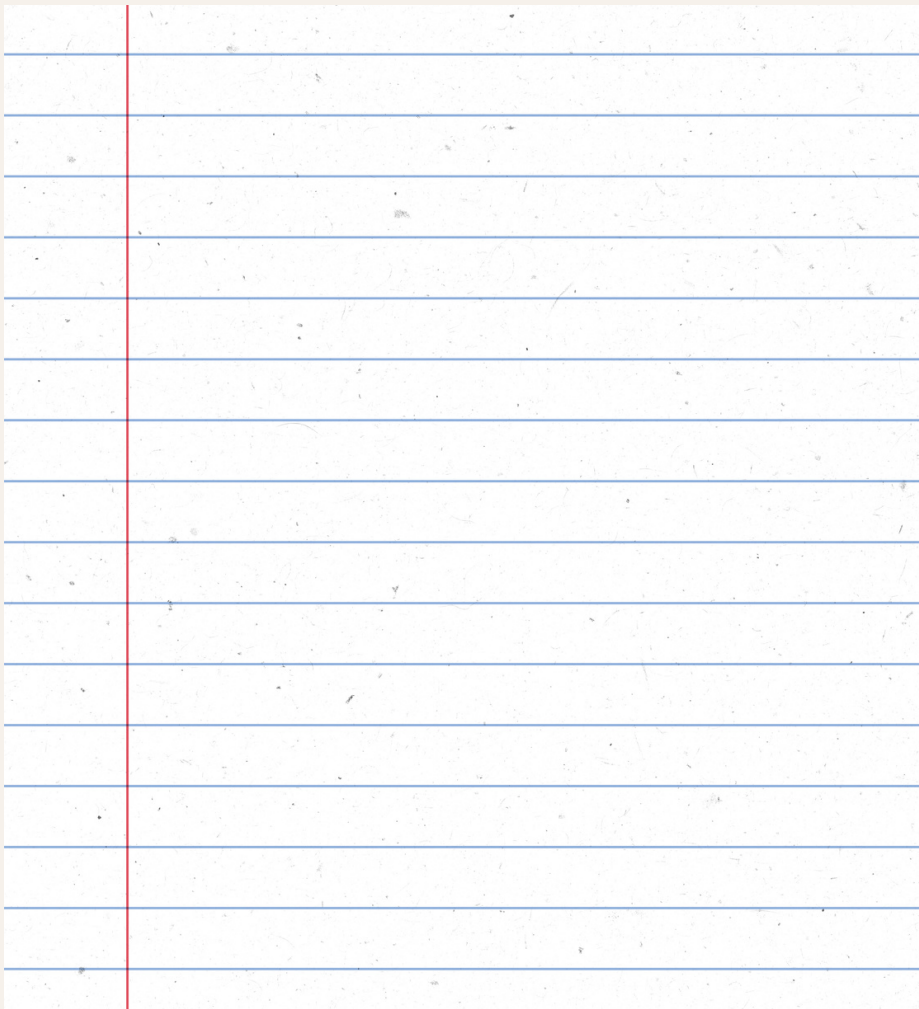
Day 5 — Micro-Meditation

Why:

Meditation activates your body's relaxation response, lowering heart rate & blood pressure. It also strengthens brain regions for emotional regulation and resilience, making you less reactive and better able to recover from stressful events.

Practice:

5-Minute Guided Meditation



Reflect:

Before – Rate my level of anxiety or stress from 0-10 (0 = lowest, 10 = highest)

After – Rate again. Note any changes to my thoughts, emotions, such as content, pace, or quality.



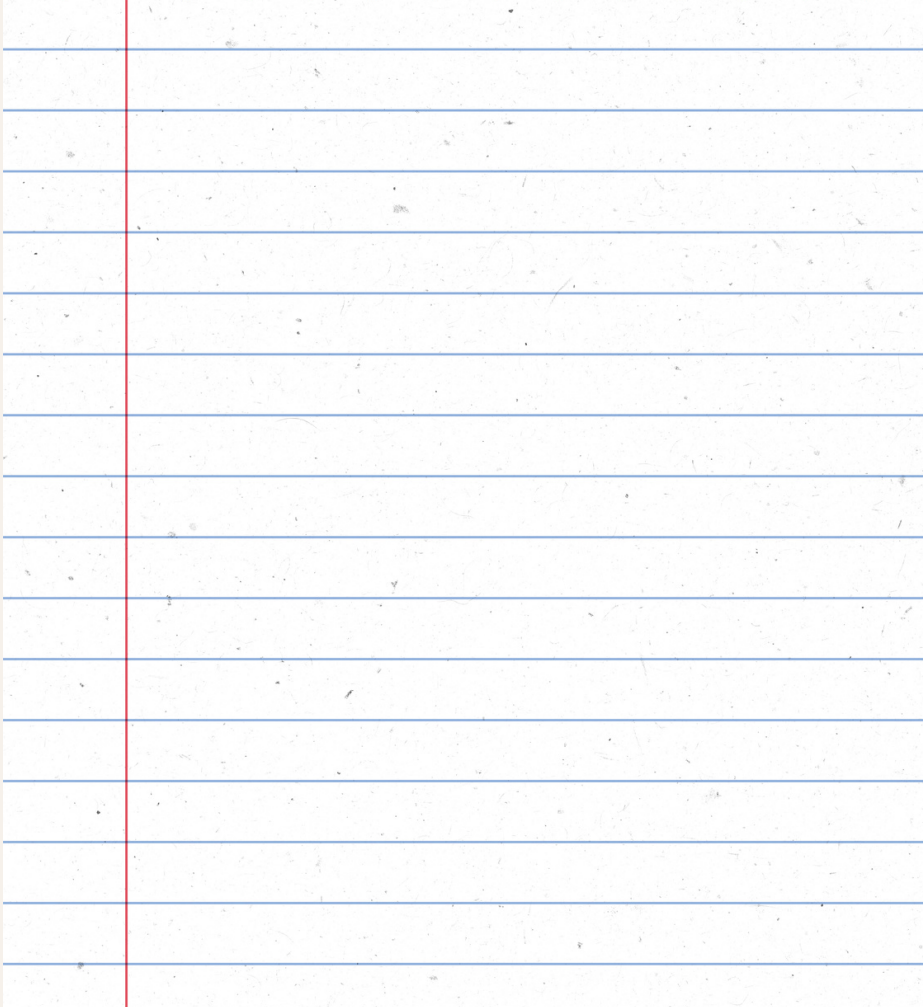
Day 6 — Tech-Free Pause

Why:

Screens spike cortisol levels. Benefits: increased mindfulness & presence; enhance mood regulation; reduce stress & anxiety.

Practice:

10-min “digital reset” — breathe, stretch, hydrate, step outside.



Reflect:

What did I notice during time away (thoughts, emotions, energy level, behaviors)?

What was difficult?

What was a highlight?

How do I want to change my digital habits?



Review:

- Grounding Breath
- 5-Senses Reset
- Gentle Yoga Flow
- Thought Reframe
- Micro Meditation
- Tech-Free Pause

Reflect & Commit:

What are 2 techniques you
can commit to practice
daily?

[illegible]

Healing is not becoming someone new — it's returning to yourself with gentleness.

🌸 Meet Ajita

Hi, I'm Ajita — a therapist, yoga guide, and writer who helps people slow down, breathe, and come home to themselves. I work with those who appear calm and capable on the outside, yet feel quietly exhausted or disconnected inside. My approach blends mindful psychology and embodied yoga therapy to help you release what no longer serves, regulate your nervous system, and rediscover your natural rhythm of ease. Through my programs — Threshold and Emerge — I offer gentle, structured spaces to reflect, restore, and renew. Together, we soften the edges of doing and reconnect with the deeper truth of being.



When I'm not teaching or writing, you'll find me walking with my rescue dog, reading on the porch, or cooking something up in the kitchen — small, grounding rituals that remind me that healing starts in simplicity and presence.

You don't have to start over — you just need space to emerge.

If you're ready to continue your journey, [email me](#) to join the waitlist for our upcoming experiences.

Thank you for your time and trust. I am honored to support you.

In peace,
Ajita