

Tiny Steps That Help You Feel Better (Even on Overwhelming Days)

A simple checklist you can actually use



Tiny *Regulation* Steps

- 🌿 Look around and *name 3 things*
- 🌿 Exhale *longer* than you inhale
- 🌿 Unclench jaw, drop shoulders
- 🌿 Touch something textured
- 🌿 Put a hand on your chest
- 🌿 Say: *"I'm here. I'm safe enough."*
- 🌿 Drink water slowly
- 🌿 Stand up and *stretch your spine*

Tiny *Emotional* Steps

- ❤️ Name the part of you that's activated
- ❤️ Say: *"No part of me is bad."*
- ❤️ Ask: *"What does this part need right now?"*
- ❤️ Offer 10 seconds of compassion
- ❤️ Put one hand over heart, one on belly

Tiny *Daily Habits*

- 👍 One glass of water
- 👍 One slow breath
- 👍 One compassionate thought
- 👍 One minute of movement
- 👍 One small act of care (*clean one object, open wash face*)

Get the full 7-Day Self-Care Follow-Along soon — join my email list to be the first to know.

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