

🌿 The Breathe • Feel • Restore Daily Reset Practices

Gentle reminders to return to your inner peace — anytime, anywhere.

✨ PRACTICE #1 - Create Space From Stress



Practice: *Shift your language to create inner space*

Instead of saying: **“I’m stressed.”**

Try saying: **“Something in me is feeling stressed.”**

💡 *Why it helps:*

This one sentence separates **you** from the stress.

Your nervous system relaxes when it’s not treated like a threat.

⌚ **How long:**

Only 10–20 seconds.

Say the sentence once or twice, breathe slowly, and notice how your body responds.

Even a 1% softening is a step in the right direction.

Breathe Feel Restore Daily Reset Practices

Because peace isn’t something you chase... it’s something you return to

www.theilluminatedsoul.com.au

🌟 PRACTICE 2 - Be Here With Myself



Practice: *Reconnect with the body through gentle presence*

Place one hand on your chest and one on your belly.

Breathe slowly and say inwardly:

“I feel this.”

“And I’m safe to feel this.”

💡 *Why it helps:*

Emotions settle when they’re met, not avoided.

The body lets go when it feels safe, not when it’s forced.

🕒 **How long:**

30 seconds to 2 minutes.

Just stay with yourself for a few breaths.

You’re not “fixing” the emotion.

You’re **supporting yourself with presence.**

Breathe Feel Restore Daily Reset Practices

Because peace isn’t something you chase... it’s something you return to

www.theilluminatedsoul.com.au

✨ PRACTICE 3 - Let Calm Come To You



Practice: *Restore inner space with a grounding mantra*

With one slow breath for each line, repeat:

Nothing to force.

Nothing to chase.

Just space.

💡 *Why it helps:*

Inner pressure dissolves when the body feels permission to relax.

Peace comes from space, not effort.

🕒 **How long:**

1 to 3 rounds (about 30–60 seconds).

You'll feel your body soften fast.

Breathe Feel Restore Daily Reset Practices

Because peace isn't something you chase... it's something you return to

www.theilluminatedsoul.com.au

When to use them

You can use these mini-practices individually, or in sequence — whatever feels most natural for you in the moment.

Try them out and notice which one your body responds to most easily.

They're especially supportive when you're:

- Feeling challenged by stress.
- Overwhelmed or finding it hard to cope.
- Caught in loops of overthinking.
- Carrying the weight of deadlines or expectations.
- Trying to do too much and forgetting to slow down.

Anytime you notice yourself pushing past your limits or disconnecting from what you need... that's the perfect moment to pause and return to one of these practices.

A Final Reminder

These practices are not about perfection — they're about **returning**.

Each time you pause, breathe, and make space for yourself, you strengthen the pathway back to calm, clarity, and safety within.

You can come back to these tools as often as you need.

Your body will remember — more and more each time.

Breathe Feel Restore Daily Reset Practices

Because peace isn't something you chase... it's something you return to

www.theilluminatedsoul.com.au